

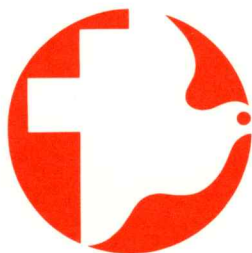
More-with-Less Cookbook

**suggestions by Mennonites
on how to eat better
and consume less
of the world's
limited food resources**



Doris Janzen Longacre

The cross emptying into
action in the form of
a dove of peace
visually identifies the
Mennonite Central
Committee (MCC),
"a Christian resource
for meeting human need."



As used on the front cover,
the symbol will help
you remember that
combinations of grains
and dairy products
or grains and legumes
form complete protein.

More-with-Less Cookbook
emphasizes the worldwide
perspective of MCC.

More-with-Less Cookbook



Doris Janzen Longacre

Commissioned by
Mennonite Central Committee,
Akron, Pennsylvania,
in response to
world food needs.

Introduction by
Mary Emma Showalter Eby

HERALD PRESS

Scottdale, Pennsylvania

Waterloo, Ontario

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Scottsdale, PA 15683
Published simultaneously in Canada
by Herald Press, Waterloo, ON
N2L 6H7. All rights reserved
Library of Congress Catalog Card
Number: 75-23563
International Standard Book
Number: 0-8361-1786-7
Printed in U.S.A.

First printing, April, 1976
Second printing, May, 1976
Third printing, June, 1976
Fourth printing, October, 1976
Fifth printing, February, 1977
Sixth printing, April, 1977
Seventh printing, June, 1977
Eighth printing, August, 1977
Ninth printing, November, 1977
Tenth printing, April, 1978
Eleventh printing, June, 1978
Twelfth printing, August, 1978
Thirteenth printing, October, 1978
Fourteenth printing, January, 1979
Fifteenth printing, April, 1979
Sixteenth printing, July, 1979
Seventeenth printing, August, 1979
Eighteenth printing, October, 1979
Nineteenth printing, December, 1979
Twentieth printing, March, 1980
Twenty-first printing, May, 1980
Twenty-second printing, July, 1980
Twenty-third printing, September, 1980
Twenty-fourth printing, October, 1980
Twenty-fifth printing, November, 1980
Twenty-sixth printing, March, 1981
Twenty-seventh printing, June, 1981
Twenty-eighth printing, February, 1982
Twenty-ninth printing, July, 1982
Thirtieth printing, February, 1983
Thirty-first printing, September, 1983
Thirty-second printing, September, 1984
Thirty-third printing, September, 1985
Thirty-fourth printing, July, 1986
Thirty-fifth printing, July, 1987
Thirty-sixth printing, August, 1988
Thirty-seventh printing, December, 1989
Thirty-eighth printing, July, 1990
Thirty-ninth printing, May, 1991
Fortieth printing, June, 1992
Forty-first printing, May, 1993
Forty-second printing, December, 1994
Forty-third printing, March, 1996



617,500 copies of this edition in print

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Acknowledgments

This book is not a personal production, but a blend of the gifts and ideas of many. Therefore the list of acknowledgments is long.

Special thanks to:

—Karin and Walton Hackman, former neighbors, who first said, "Someone should write a cookbook."

—Hundreds of men and women who responded to Mennonite Central Committee's call for recipes.

—William T. Snyder, Edgar Stoesz, and other Mennonite Central Committee staff persons for warm encouragement and helpful criticism.

—Marjorie Ruth for competent secretarial assistance and typing the manuscript.

—Bonnie Zook for directing the recipe-testing procedure and other staff assistance.

—Helen Janzen, former Supervisor of Home Economics for the Department of Education in Manitoba, for reading and criticizing the manuscript.

—Kenton K. Brubaker, Professor of Biology, Eastern Mennonite College, and David Leaman, Assistant Professor of Medicine, Hershey Medical Center, for reading and criticizing Part One of the manuscript.

—Don Ziegler and Sarah Ann Eby for editing the manuscript.

—My husband, Paul, and our daughters, Cara Sue and Marta Joy, for their wealth of good ideas and cheerful willingness to try new dishes month after month.

—The following home economists and their families who voluntarily tested the recipes:

Ruth Alderfer, Hatfield, Pa.
Linda Baer, Hagerstown, Md.
Ann Dumper, Grantham, Pa.
Beth Frey, Conestoga, Pa.
Carol Friesen, Fresno, Calif.
Sandy Goritz, Boiling Springs, Pa.

Karen Harvey, Leola, Pa.

Mary Jane Hershey, Harleysville, Pa.

Alta Hertzler, Goshen, Ind.

Kathy Histand, Sellersville, Pa.

Betty Hochstetler, Elkhart, Ind.

Nancy Horning, Leola, Pa.

Louetta Hurst, Lancaster, Pa.

Margaret Ingold, Goshen, Ind.

Debbie Jennings, Grantham, Pa.

Sheila Jones, York, Pa.

Marlene Kaufman, Mt. Gretna, Pa.

Kate Kooker, Ardmore, Pa.

Louise Leatherman, Akron, Pa.

Ellen Longacre, Bally, Pa.

Mary Martin, Hagerstown, Md.

Jean Miller, Akron, Pa.

Mary Jo Oswald, Hagerstown, Md.

LaVonne Platt, Newton, Kan.

Doris Risser, Harrisonburg, Va.

JoAnn Siegrist, Lancaster, Pa.

June Suderman, Hillsboro, Kan.

Sharon Swartzendruber, Pekin, Ill.

Lois Weaver, Lansdale, Pa.

Erma Weaver, Manheim, Pa.

Lucy Weber, Mohnton, Pa.

Olive Wyse, Goshen, Ind.

Lillian Yoder, Goshen, Ind.

Bonnie Zook, Leola, Pa.

Catherine Mumaw, Goshen College Home Economics Department, and students of Goshen College foods classes

—these persons for additional special testing:

students in Goshen College Peace Society who arranged for alternate cafeteria meals

Ruth Detweiler, Akron, Pa.

Marian Franz, Washington, D.C.

Miriam LeFever, East Petersburg, Pa.

Kamala Platt, Newton, Kan.

Gladys Stoesz, Akron, Pa.

Don and Priscilla Ziegler, Lancaster, Pa.

Dedicated to
Helene Claassen Janzen
and
Edna Mowere Longacre



two cooks who are
traditional but creative
thrifty but generous

***We are prepared
with all our hearts
to share our possessions,
gold,
and all that we have,
however little it may be;***

***to sweat and labor
to meet the needs
of the poor,
as the Spirit
and Word of the Lord
and true brotherly love
teach and imply.
—Menno Simons***



Mennonites are widely recognized as good cooks. But Mennonites are also a people who care about the world's hungry.

Mennonite Central Committee (MCC), the cooperative relief and service agency of seventeen North American Mennonite and Brethren in Christ churches, has called for a major focus on the world food crisis by Mennonites within the next five to ten years. It is providing leadership in working at long-range solutions by broadening and strengthening rural development and family planning programs around the world.

In addition, for the first time in its 55-year history, MCC has asked each constituent household to look at its lifestyle, particularly food habits. Noting the relationship between North American overconsumption and world need, a goal has been set to eat and spend 10 percent less.

In Mennonite communities across North America, people are responding with a kind of holy frustration. "We want to use less," they say. "How do we begin? How do we maintain motivation in our affluent society? How do we help each other?" From questions like these the idea of compiling a cookbook was born.

Mennonite and Brethren in Christ periodicals carried the request for recipes, hints, and inspirational material. Within weeks, letters from men and women, from students and grandparents filled my box. Thousands of recipes arrived from around the world.

Those with whom I counseled agreed that every recipe used should first be tested. More than

Preface

thirty home economists tried the recipes and evaluated them in their homes. I searched out resources on nutrition and world food supply.

All the recipes I received were carefully read. Over a thousand were tested. Many were adjusted according to suggestions from testers. Some are a composite of similar recipes. Many excellent recipes could not be used because of limited space.

Although the book is finished, the holy frustration goes on. Do not approach this book as a set of answers for responsible change. At its best, it tells us that Mennonites—a people who care about the hungry—are on a search. We are looking for ways to live more simply and joyfully, ways that grow out of our tradition but take their shape from living faith and the demands of our hungry world.

There is not just one way to respond, nor is there a single answer to the world's food problem. It may not be within our capacity to effect an answer. But it is within our capacity to search for a faithful response.

—Doris Janzen Longacre

Doris Janzen Longacre of Akron, Pennsylvania, was associated with the Mennonite Central Committee (MCC) and its worldwide ministries "In the Name of Christ." Doris grew up in Elbing, Kansas, and Tucson, Arizona. She attended Bethel College, North Newton, Kansas, received her BA in home economics from Goshen College, Goshen, Indiana, in 1961, and studied at Goshen Biblical Seminary.

She served as dietitian of Hesston College from 1961-1963, as MCC hostess of the Language Study Center in Vietnam from 1964-1967, and in another MCC assignment in Indonesia in 1971-72.

Doris was chairperson of the Akron Mennonite Church from 1973-76, member of the Board of Overseers of Goshen Biblical Seminary, Elkhart, Indiana, 1976-79, and a frequent speaker and workshop leader at church conferences in Canada and the United States.

Doris was married to Paul Longacre. Their two daughters, Cara and Marta, reside at Akron, Pennsylvania.

Just prior to the completion of her second book on simple living, Living More with Less, she passed away after a 39-month battle with cancer.

Doris said, "I have always liked to cook, particularly experimenting, developing a recipe. I seldom make a recipe twice the same way. I also find satisfaction in cooking and serving foods from other cultures."

O God,
We've wasted
we've complained
we've grumbled.
We've misused our resources
We've confused
our needs
with our wants.

For these sins
Father, forgive us.
Help us
reset our priorities
according to Your will.

Amen.
—Norma Johnson
Lobatse, Botswana



Why another cookbook when the market is flooded? Paradoxically cookbooks are best sellers despite the fact that convenience foods and eating out have become big business. Put a cookbook on the market with a unique and creative idea, an attractive format, and explicit directions for using the recipes and it sells.

The *More-with-Less Cookbook* has all of the earmarks of a best seller. First of all, it is a creative idea. It was born from the compulsion that someone, somehow must prod us over-fed North Americans to do something about our over-abundance in relation to the world food crisis. It implores us to begin *today* on a program of responsible eating. Secondly, the book demonstrates clearly how we may enjoy more while eating less. "There is a way of wasting less, eating less, and spending less which gives not less but more," the author says.

This cookbook is not just another collection of favorite recipes. It is more. The recipe section, which includes about two-thirds of the total space, features recipes of a special kind. The author's call for low-cost, low-fat, low-sugar, and less expensive protein recipes within the Mennonite constituency brought in thousands of responses. She and her assistants selected and tested those which appear in the twelve recipe chapters.

As one would expect, in a collection of recipes based on economy of money, time, and energy as well as foods related to good health, the emphasis is away

Introduction

from expensive packaged goods to dishes prepared from simple, basic ingredients. The book includes many recipes for meat extender dishes such as soups, stews, and casseroles using vegetable proteins. It places less emphasis on the roasting and broiling of chunk meats. It encourages eating more nutrition-rich fruits and vegetables and less rich, sugary desserts.

The author's years of living abroad, plus world-wide travel on the part of numerous contributors, is reflected in the international recipes that are included. These add variety to the menu, contributing color, flavor, and nutritional value at low cost.

The one-third of the book not devoted to recipes contains valuable information which required many hours of research on the part of the author. Useful tables detail daily food requirements, the nutritive content of commonly used foods, and the comparative costs of foods. Suggestions for careful shopping appear along with suggested menus.

The *More-with-Less Cookbook* includes a number of unique features. Interspersed throughout the text are inspirational inserts and interesting personal remarks about certain recipes. Options for changing recipes allow the cook to be creative while "stirring up her own." Recipes which merit the label of Time Saving are identified with a large TS in bold face type. Each chapter contains a special feature, "Gather Up the Fragments," a clever way of presenting ideas for using leftovers.

This cookbook will appeal most

to young homemakers whose lifestyles are more open to change, and whose desire for variety and creativity will lend enchantment for trying new recipes. Perhaps this is as it should be since they are most responsible for the food habits of the next generation.

The *More-with-Less Cookbook* will best reach its goal of helping Christians respond in a caring-sharing way in a world with limited food resources when placed in full view of family members rather than simply adding it to the collection on the kitchen shelf. It can constantly remind your family of its central theme, "There is a way which gives not less but more." More joy, more peace, less guilt; more physical stamina, less overweight and obesity; more to share and less to hoard for ourselves.

—**Mary Emma Showalter Eby,**
Author
Mennonite Community
Cookbook

*You have heard it said
that because of hunger in Third World countries
we should not overeat.*

*But I say unto you
that the abuse of your body, mind, and soul
is never justified.*

*You have heard it said
conserve for the sake of the crisis
because of limited amounts available to us.*

*But I say unto you
the only wise use
is that which brings glory to God.*

*Let not your hearts be troubled by this kingdom
but let your bodies and energies be dedicated
in service to God and man.*

*Surely you will find
the future kingdom
already being fulfilled in your life.*

—Martin Penner, Recife, Brazil

**More
with Less**

I





Less with More

*The bright sun shines
unblinkingly. Wind sweeps the
land. No rain. Old people shake
their heads. Little children and
women move to the food
camps. Already there are more
than 200,000 in camps. We all
pray for rain.*

*In the towns and cities
people stand in line. As sugar,
cornmeal, flour, and oil
decrease, tensions in the lines
increase. Lean years are upon
us.*

*Teach us to care, O God,
In the Somali-Muslim way
Which does not hoard
Nor store for the future
But shares gladly
Regardless of how little.*

—Bertha Beachy
Mogadiscio
Somali Democratic Republic

Cutting back sounds like a dismal prospect. "Let's splurge, just this once," appeals more to North American ears.

Put dismal thoughts aside then, because this book is not about cutting back. This book is about living joyfully, richly, and creatively.

When Mennonite Central Committee put out a call in church papers to find out how people were cutting back, letters poured in. "Simplifying meals to reduce food expenditures has been a joyous experiment," said one. "We are in no way deprived of tasty, nutritious food," wrote another. A third recalled "memorably delicious feasts."

As I read the daily mail, searched through nutrition texts, and pored over the writings of world food supply experts, pieces began to fall in place. There is a way, I discovered, of wasting less, eating less, and spending less which gives not less, but more. The gain is so great that the phrase "cutting back" doesn't fit at all.

But before we can understand how much there is to gain, we need to look at world food supply and North American eating habits.

World Shortages

Imagine our planet as a giant puzzle color-coded according to food supply. Throughout history, the colors would have shown hungry people somewhere. In the early seventies, however, the pieces put together make a new picture.

More people on the planet, more floods, more droughts, and a larger affluent population demanding rich diets have driven world food reserves to a precarious low. The world price of wheat tripled between late 1972 and the end of 1973. Rice followed. Soybean prices doubled within two years.¹ Between 1972 and the end of 1973, petroleum, a vital

resource to modern agriculture, quadrupled in price. Poorer countries, which must often import both food and oil, suffered most.

For the first time, the world faced shortages in each of the four basic agricultural resources—land, water, energy, and fertilizer.² "If all the food in the world were equally distributed, and each human received identical quantities, we would all be malnourished,"³ wrote Georg A. Borgstrom, nutritionist and geographer of Michigan State University.

From an almost overnight awareness of diminishing world food reserves came the 1974 term "food crisis." A crisis comes and goes. The hard facts give us no comfort, however, that this one will go away.

As North Americans, most of us grew up believing we were born into an era of abundance. The ability to buy something has meant the right to have it. Christian discipleship now calls us to turn around.

North America: Five Times as Much

Overpopulation and rising affluence are two main reasons for world food shortages. We North Americans are among the affluent.

The average North American uses five times as much grain per person yearly as does one of the two billion persons living in poor countries. We use about two thousand pounds each. All but 150 pounds of this we consume indirectly in meat, milk, eggs, and alcoholic beverages. But the poor Asian eats less than 400 pounds a year, most of it directly as rice or wheat. It may surprise us to realize that in Europe, where many of us have our roots and where people generally enjoy an adequate diet, each person consumes about 1000 pounds of grain a year, half of what a North American eats.⁴

People who live on only 400 pounds of grain a year are deficient in both calories and protein. But much of the 1000 pounds North

Americans consume above European levels must be called excess, both for health's sake and from a caring Christian stance. Global resources can never allow the rest of the world to approach North American levels of consumption.

North Americans have not always eaten this way, so possibly there is hope for change. Our grandparents, despite our references to their "meat 'n' potatoes," and "seven sweets and seven sours," did not eat nearly as heavily of meats or sweets as we do. Our annual consumption of beef rose from 55 pounds for each person in 1940, to 116 pounds in 1972. Poultry consumption rose from 18 to 51 pounds during the same time.⁵ United States sugar consumption levels have doubled since the turn of the century.⁶

Here is an example of how rising affluence over the years changes our kitchen habits. My grandmother iced cakes only for birthdays. My mother iced most of her cakes, but thinly and only between the layers and on top—not on the sides. Until recently I stirred up an ample bowlful of frosting that covered everything and left plenty of finger-lickin's.

But most of our excesses are more complicated than this, and they mesh into each other. We are overspending money. We are overeating calories, protein, fats, sugar, superprocessed foods. We are overcomplicating our lives.

Overspending Money

Lamenting the size of a grocery bill is easy. Lowering it is not. One family wrote me that after the recent call from Mennonite church leaders to reduce food expenditures by 10 percent, they made an honest effort to cut back. They found by year's

end, however, that their grocery bill was up 6 percent. With food costs inflating at a rate of 12 to 15 percent, they had of course, been partly successful.

North Americans spend a far lower percentage of their income for food than do most people in the world. Edgar Stoesz, Mennonite Central Committee's food resource person, writes:

Although North Americans complain loudly about the increase in food prices, we are probably the least affected. Over the past fifteen years, the average American family has spent sixteen to eighteen percent of its take-home pay for food. People in Third World countries like India, Ethiopia, and Haiti where food is always in short supply spend from seventy to eighty percent in normal times. When times are bad, all the family's earnings go for food, and still hunger stalks.⁷

Yet in dollars and cents our diets are expensive. Food prices should have come down during this century, for we have improved land and labor productivity, higher crop yields, better fertilizers, and more efficient food-processing methods. We should be getting more with less, reaping the advantages of our efficiency. For the consumer, however, the financial advantages of our agricultural productivity are wiped out by a food-processing system that conditions us to eat fewer real foods. We are trained to look for convenience and variety, not for nutrition. We are taken in by advertising and by alluring packaging.

Instead of buying rolled oats at thirty cents a pound, we use puffed, colored, sweetened, vitamin-enriched, foil-and-cardboard-packaged dry cereal at \$1.12 a pound. Instead of cornmeal at twenty cents a pound,

we buy an equal amount of corn in chips at \$1.10. Soybean steaks are now on the grocery shelves. They are a more efficient protein source than meat, but cost about seven times more than the equivalent protein in home-baked soybeans.

We pay for the endless variety in our supermarkets, and for the continual development of new products. My local store carries twenty brands of detergent powder, any one of which does an adequate job of washing clothes. But the fact that I can choose means that the box I carry home is more expensive than it might be if I were offered fewer options. If I use the coupons that come in the mail for new products, I really am not saving seven cents, but paying ten or fifteen cents for the developing, testing, designing, and marketing of another food variation no one needs.

Our diet is expensive also because we get many of our daily calories from animal protein. Canadians get 34 percent of their calories from animal products.⁸ In the United States the figure is several points higher.⁹ Meat, milk, and eggs are nutritionally valuable, but expensive because of the resources required to produce them. We waste resources when we use more than we need.

Caroline Ackerman of Winnipeg, author of *The No Fad Good Food \$5 a Week Cookbook*, says, "In comparison to what most of the people of the world pay for food, and to what we need to nourish ourselves, we spend a fortune."¹⁰

Overeating Calories

You have only to stand on a North American street corner and watch the world go by to be assured that we overeat. The scene in an Asian city is far different, even in an industrialized country such as Japan, where most people now eat a nutritionally adequate diet.

We were conscious of being surrounded by overweight bodies after returning to the United States

from three years in Vietnam. People here looked cumbersome, ungainly, plodding. We missed the lithe grace of the Asians.

The American Medical Association says 40 percent of Americans are overweight.¹¹ For those of us concerned about world hunger as well as our own health, being overweight has many implications.

Overeating wastes food. It wastes money and human resources when we require medical help to reduce. Insurance premiums go up, while life expectancy and job opportunities go down for overweight people. When we overeat calories, we get less with more.

Loneliness, anxiety, boredom, and meaninglessness undoubtedly contribute to our high rate of obesity. But people in other parts of the world have their problems too. Somehow theirs do not result in national obesity. Our wrong diet must play a significant role.

Most North Americans have sedentary occupations. We live in comfort-controlled temperatures. Our calorie needs are therefore significantly lower than they were several decades ago. We fail to adjust our eating habits to these conditions.

Our bodies still require a diet heavy in cellulose waste (fiber or roughage) such as that found in whole grains, leafy vegetables, and unpeeled fruit. Cellulose helps the stomach feel full and the bowels function smoothly. "Appetite is regulated in part by a full stomach, and the human stomach is big enough to hold enough high-waste, low-nutrient food to carry the organism through the day. Fill the stomach with low-waste, high-nutrient food, and trouble is on the way in the form of various diseases associated with obesity," says *The Intelligent Consumer*.¹²

The food industry has conditioned us to diets high in sugars, fats, and refined flours. These foods are virtually empty of nutrients other than calories. But because they are cheap, readily available, and can be turned into all kinds of attractive snacks, the food industry produces them. Because they are quick and convenient, we eat them.

Increasing numbers of children influenced by advertising are growing up overweight. "Most nutritionists agree that the worst influence on a child's eating habits is television," wrote Sarah Eby in a series of newspaper articles on North American nutrition.¹³ Breakfast cereals, cookies, candy, gum, snacks, tarts, and frozen waffles make up about two thirds of the televised food advertising directed at children, according to a study done at Columbia University in 1972. These advertisements have subtle ways of leading children to believe that the product is not only delicious and fun to eat, but even good for them. From an early age, calorie waste is built into our food habits.

Overeating Protein

Much of the what's-wrong-with-us material relating to world food needs centers on overconsumption of protein. Lester Brown calls protein the "key quality indicator" for adequate diets. Any significant lack of it has immediate dire consequences for health. But while protein is so widely lacking in poorer countries, North Americans eat twice the recommended daily allowance.¹⁴

A second reason why protein has received so much attention at a time of world food shortage is that much of the protein North Americans eat, in contrast to poorer nations, comes from meat, milk, and eggs.

How much grain an animal needs to produce a pound of protein for human consumption is a question that sparks wide controversy. Farmers, government officials, homemakers, church leaders, and newspaper reporters are engaged in a continuing debate.

Numbers aside, a few principles seem clear. Beef cattle are relatively poor converters of grain to food protein. As ruminant animals, however, they are very efficient at turning forage and roughage into food protein. Broiler-fryers (chickens) and dairy cows are efficient converters of feed grain to food protein. In most sources of information, hogs and turkeys rank somewhere in the middle. But no matter which animal source is most efficient, the fact stands that North Americans eat far more meat than is needed for good health.

Beef figures prominently in the discussion not only because it may or may not convert feed efficiently, but because it is our most popular meat. United States beef consumption has doubled since 1940. It hit an all-time high in 1974 of 116.3 pounds for each person.¹⁵

Beef can be raised entirely on the range, without grain, producing food from land otherwise not suited to agriculture. Longhorn cattle of Wild West fame were raised this way. The contemporary range, roughage, and feedlot combination has resulted in recent years in an average use of four pounds of grain for every pound of beef produced in the United States. In heavy feedlot activity, eight, ten, or more pounds of grain can be consumed for every pound of meat produced.¹⁶

The trend toward heavy feedlot production of beef is already reversing because of fluctuating grain costs. New feeding methods being researched promise wide use of food and industry by-products in future beef production.

North American range areas must be used to the fullest advantage. Consumers must reeducate their tastes toward a leaner, possibly even a tougher quality of beef. Range-grown meat, with more protein, fewer calories, and less high-cholesterol fat, can give us more with less, both in health and world food resources.

We must also realize that beef and other meats are on the list of commodities which are not unlimited. Suggestions that North Americans should keep on eating more beef are irresponsible—as irresponsible as condemning all beef production out of hand. We cannot keep on using more water, more fuel, more wood, more paper. Neither can we keep on eating more hamburgers, roasts, and steaks.

The crucial point, says Lester Brown, is that "once grazing areas are . . . fully utilized, it becomes very costly in resource terms to satisfy additional growth in consumer demand, requiring the use of crop lands and grains that could otherwise be used to meet human needs directly. Additional beef production in the developed countries is likely to occur in feedlots."¹⁷

Closely related to high protein consumption in North America is our heavy intake of saturated fats. Not all protein foods yield saturated fat. But North American favorites such as well-marbled beef, pork, eggs, and whole milk contain large amounts.

A diet high in saturated fats and cholesterol contributes to our number-one health problem—coronary atherosclerosis. This disease, which is an accumulation of fatty materials on artery walls, must be considered a disease of civilization, according to Dr. Jean Mayer, Harvard nutritionist.¹⁸ Mayer blames eating foods high in saturated fats, lack of physical activity, and heavy cigarette smoking as contributing factors.

Our North American habit of eating a half pound of beef or pork daily contributes to high-cholesterol levels. So does the fried-chicken-hamburger-French fry-milkshake syndrome. Autopsy studies done on American casualties of the Korean War showed that many young men had the heart and arteries typical of old people. Growing up at the fast food stands was considered part of the problem.¹⁹

High animal-protein diets present other problems as well. *Consumer Reports* offers these cautions: Too much beef (or other meat) can mean too little calcium. A high protein intake increases the need for calcium and can deplete the body's calcium resources. Much meat and little roughage is bad for the bowel. The National Cancer Institute has suggested possible association between diets high in meat and colon cancer, the second most prevalent form of cancer in North America. Other diseases of the bowel such as diverticulosis are definitely related to high-meat, low-roughage diets.²⁰

Overeating Sugar

"Sugar consumption!" writes Helen Janzen, formerly head of the Home Economics Department in the Department of Education in Manitoba. "Every day at a little grocery store at noon I see files of elementary pupils stocking up on candy—twenty-five to thirty-five cents worth apiece. It's crazy! Only calories, and acid forming for the teeth. If we could get rid of the sweet and rich dessert habit we would be better off."²¹

Much of the land now used for sugar beets and cane could produce crops far more beneficial to a hungry world. Sugar provides only calories, not a smidgen of protein, vitamins, or minerals. Especially in children, sugar can replace healthful foods like fruits, vegetables, grains, and meats. Handing out sugar-filled snack foods and drinks is like giving a stone when your child asks for bread. Sadly, once a child gets used to sugary snacks he may no longer ask for bread.

North Americans eat over 120 pounds of sugar and other refined sweeteners yearly.²² This translates to roughly 32 teaspoons daily. Whenever I use this figure, heads begin to shake and people protest "but that's not me. I never eat that much." Here's how it can happen:

Typical menu

Breakfast:

- Tang or other sweetened
- 4 breakfast drink, ½ c.
- 3 Pre-sweetened cereal, 1 oz.
- 2 Toast, 1 slice, with 1 T. jam (or pancakes with syrup)
- 1 Coffee, sweetened

Lunch:

- Sandwich
- Chips
- 3 Pudding, ½ c.

Afternoon snack:

- 5 1 candy bar OR
- 3 cookies

Dinner:

- Roast beef
- Mashed potatoes
- Buttered carrots
- 2 Gelatin salad, ½ c.
- 2 1 roll with 1 T. jelly
- 2 Canned fruit, ½ c.
- 7 Iced cake, 1 slice
- 1 Coffee, sweetened

32 Teaspoons of Sugar

This menu counts no sugar in bread. Some commercial bread is heavily sweetened. It includes no carbonated drinks, Kool-Aid, or

punch, the form in which we consume at least one fourth of our sugar. It assumes no second helpings, no ice cream, and only one snack throughout the day. Few of us have trouble living up to this level of sugar consumption.

Many people are unaware that excessive use of sugar can lead to premature atherosclerosis.²³ Most of us have known since elementary school health courses that too much sugar causes or aggravates tooth decay, obesity, vitamin deficiency, and diabetes. But few people translate this knowledge into menu-planning.

Overeating Processed Foods

A health-promoting diet calls for less meat; less white bread and other refined grain products; less of the sugar-filled soda pops, candy, breakfast cereals, and snack foods; more whole-grain foods, beans, fruits, vegetables, and nuts. If Americans adopted a diet of this type, the food industry would encounter massive dislocation.²⁴

Many of the boxes and bottles on our kitchen shelves today were unknown thirty years ago. We call these newcomers convenience foods. Food processors glory publicly in the progress they represent, and more privately in the profits. Convenience foods almost always mean less with more in our diets. They are part of the cause of world hunger.

Farmers are all too aware that marketing basic foods does not yield large profits. But in turning a cheap, healthy, basic food into a convenience package, plenty of profit (and plenty of waste) can result.

Convenience foods, more than anything else, have contributed to the prosperity of corporate food systems, says a brief from the Inter-Church Center in New York City.²⁵ Sixteen of the twenty most profitable corporations in the United States in 1973 were involved in food and the basic components of agriculture.²⁶

We pay more for convenience foods. This raises our food bills and uses funds that could help feed the hungry. But the problem does not stop there. We get less because nutrients are lost in processing, while chemicals of questionable safety are added. The corporation's concern is with what sells, not with what is good for us.

Dr. Ross Hume Hall, biochemist from Ontario with extensive experience in the biology of growth and development and cancer research, recently wrote a book detailing how inadequate is the testing on approximately 7500 new food products introduced yearly by the food industry.²⁷ One of Hall's central concerns is that even though food processors are required to show that chemical additives are safe, these chemicals are tested selectively on healthy laboratory animals within a given time frame. We humans eat chemical additives in endless combinations over periods of years, and our individual makeup varies widely. Eighteen hundred chemicals are added routinely to manufactured food. Little is being done to determine how they affect us in combination.

In our culture, technological possibility and economic profitability have become reasons in themselves for doing something. Production of winter tomatoes is a good example. Anybody who raises their own tomatoes knows that something strange goes on with those sold fresh in winter. *The Corporate Examiner* tells what it is:

The tomato [is] a typical product of the technological revolution in agriculture. Genetically

tailored to be thick-walled, firm-fleshed, and uniformly round, these tomatoes are mechanically harvested when still green. They are then chemically ripened with ethylene gas, electronically sorted and, finally, mechanically wrapped in cellophane.

Ethylene gas, when used to speed up the ripening process in tomatoes, has been shown to provide lower quality with less vitamin A and C and inferior taste, color, and firmness. Nevertheless, it continues to be used. When consumer groups protested the loss of quality and flavor in this new "Red Rock" tomato, they were reassured that seventy chemicals that produce tomato flavor had been isolated and could be artificially reintroduced into the product.²⁸

Our snow-white baked goods tell the same story. Since Roman times bakers have been aware that flour stored for a few months becomes whiter and has improved baking qualities. But storage time increases manufacturing costs. Around the beginning of this century, millers discovered they could get these same effects instantly by blowing nitrogen trichloride (agene) or chlorine gas into the flour as it descended the chute into bags. Agene was used for 41 years, but discontinued after a 1945 study showed that dogs fed the agene-treated flour developed hysteria. Chemical bleaching and maturing of flour continues in many places. Germany, where mechanical bread is resisted and small bakeries still flourish, banned the use of chemical bleaching agents in 1958.²⁹

In the refining process, the most valuable parts of the wheat kernel, the bran and germ, are removed. Some of our flour is then artificially enriched, but never to the original level of whole wheat. Not only nutrients, but also much-needed fiber is lost. The uniform, tasteless white bread that results is best described as edible styrofoam.

My mother raised us on wonderful, solid, homemade loaves of Prussian Mennonite "Ruggenbrot" (rye bread). But once in awhile the supply ran out before baking day, and store-bought white bread came to the table. I remember my teenage brother once took such a slice, squashed it into a small soggy ball, and pitched it across the room in front of Mother to express his disdain. Mother accepted this as a compliment.

Sitting in a restaurant recently, I picked up one of those half-ounce plastic containers of nondairy cream substitutes used in coffee. I looked closely at the small print around the lid: "Ingredients: pasteurized blend of water, corn syrup solids, coconut oil, sodium caseinate, disodium phosphate, carrageenan, guar gum, polysorbate 60, sorbitan monostearate, potassium sorbate, artificial color."

A United States Food and Drug Administration booklet extolling the safety of food additives says they are needed for color, hardening, drying, leavening, antifoaming, firming, crisping, antisticking, whipping, creaming, clarifying, and sterilizing. The brochure wraps up the subject by saying, "Without these many aids to food processing, today's grocery stores would need a lot less room to sell what foods would be left."³⁰

What a saving of time, energy, money, nutrients, and food that would be! May the day come soon!

Superprocessed foods come superpackaged. Both the processing and the packaging

contribute to food shortages by wasting resources. Few things still come in simple paper bags. One more often finds an inner foil liner "to preserve freshness," enclosing a product laced with preservatives.

Overcomplicating Our Lives

Last week my mail brought a gorgeous multicolor foldout advertising a new recipe card set. "Makes cooking easier and more exciting than ever before," it promised. Twenty-four separate batches of cards would be sent, providing recipes on Saturday Night Parties, Sundays at Home, Children's Favorites, Cooking with Wine, Cooking with Herbs, Memorable Summer Meals, and on and on. Each card would contain "a stunning, full-color photograph of the dish, just as it will appear on your table."

The ad stunned me sufficiently that I did not need the 576 recipes, especially at the price of thirty dollars. The pitch indicates again how we try to turn eating into a superexperience.

Serving guests becomes an ego trip, rather than a relaxed meeting of friends around that most common everyday experience of sharing food. Gathering around the table in fellowship turns into entertaining. We eat out for something to do, not because we find ourselves on the road at mealtime.

Our bodily needs are real and important, and meeting them is as important as meeting any need of a whole, integrated personality. Feeding a hungry stomach is in no way less honorable than thinking lofty spiritual thoughts. But when we invest too much in feeding ourselves, and want too much in return, something goes wrong.

We work hard to make eating more exciting. We satiate our taste buds and stomachs. But something in us is not satisfied. We have gotten

less with more. Timothy's words, "If we have food and clothing, with these we shall be content," have no meaning for us.

In Asia my husband and I observed people eating a standard, repetitive diet. Asians depend on rice, Africans on a mush of corn or manioc, Latin Americans on rice and beans, Europeans on bread or potatoes. Sometimes these diets are too monotonous for good health. Eat a variety of foods, say the nutritionists, to get an adequate supply of vitamins and minerals. Our North American variety, on the other hand, too often has not been in simple fresh vegetables or grains, but in rich meats and desserts.

Time and energy are needed to keep this variety on our tables. We need several hours a week to shop and plan for it, bags for carrying it home, large cupboards, refrigerators, and freezers in which to store it. Cooking it requires four burners, an oven, a toaster, mixer, blender, coffee maker, pressure cooker, deep-fat fryer, fondue pot, electric fry pan, waffle iron, crock pot, electric knife, and electric can opener. If your menu—but not your kitchen—goes Asian, you may add an electric wok and rice cooker. You need an array of dishes and silverware to serve it. You need correspondingly shaped plastic containers with lids that burp to hold the leftovers, a garbage disposal and a crusher to handle the waste. A dishwasher and a vacuum cleaner for the kitchen carpet finish things off until mealtime comes again.

Notes

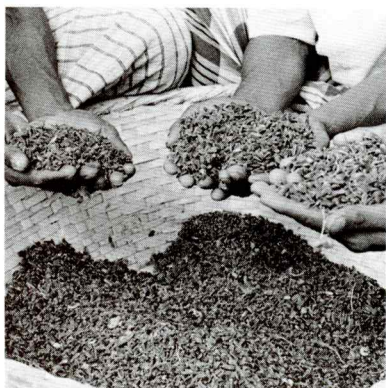
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Change—an Act of Faith

*The regenerate use
eating, drinking
clothing and shelter
with thanksgiving
to support their own lives
and to the free service
of their neighbor
according to the
Word of the Lord.
—Menno Simons*

Does It Really Help Anyone If I Cut Back?

Many are saying that it does not really matter whether we eat more or less in North America. The line of reasoning may go like this: Just because we eat less meat this week is no assurance that more grain will be available in Bangladesh next year. If we stop buying sugared cereals and TV dinners, the food industry will come out with something even worse. We may stop eating out every Friday evening, but our friends will go without us, so what do we expect to prove? The problem is first with poor government policy and import-export agreements, or with snail-pace family-planning programs and corrupt governments in Third World countries.

All these arguments have elements of truth. But this thinking smacks heavily of a common human attitude—that it doesn't really matter what one person does, or that what one household can do is so small that it has no effect on the overall picture.

In our complex world, it is hard to visualize how the struggles of a few families to save food will help. Channels to the needy are long and circuitous. Yet deconsumption is an obvious first step. The very complexity that frustrates easy answers also means that our decisions in the global family are interrelated. "Life is like a huge spider web so that if you touch it anywhere you set the whole thing trembling," says Frederick Buecher in *The Hungering Dark*.

Communications in our world are good. How can we continue overeating in the face of starvation, and be at peace with ourselves and our neighbors? "The destitute suffer physically, the overindulged morally," writes one Mennonite Central Committee relief administrator. Jesus recognized the desire to get more and more as a destructive force when He asked, "What shall it profit a man if he gain the

whole world and lose his own soul?" (Matthew 16:26).

When we begin eating less, the job is not finished. It is only beginning. If we expect North American food conservation to totally solve world hunger, with good reason we sound naive and even paternalistic. Concerned Christians will move on to initiate food production and distribution programs. They will challenge oppressive government policy. But these broad areas are being dealt with in other settings. The scope of this book is necessarily limited to what some older preachers called "putting our own house in order."

It Seemed Inadequate

As Christians dealing with human hurts, we have to remind ourselves again and again that we are not called to be successful, but to be faithful. Our first directions come from the way Jesus told us to live, not from what we think will work.

Wayne North, a Mennonite pastor from Ohio, makes this point in an editorial entitled "Can We Really Help Hunger?" He compares our present reaction to world food needs with the feelings of the disciples when they were surrounded by 5000 hungry people. Jesus commanded the disciples to see that all were fed. North says, "The obvious answers certainly were not going to do the trick. But what follows may be instructive for us. For, however they may have felt, the disciples responded in obedience. They shared what was available. Though it seemed totally inadequate, they brought the little lunch for distribution. Their act of faith was to share and let God take responsibility for the rest."¹

This does not mean we are blind to realities. We must keep in touch with suffering people. Our response is to live the reality that the kingdom of God is already here. In this kingdom to which Jesus calls us, valleys will be filled and hills made low. In the last quarter of our century, this means less food for us but more for the rest of the world.

If others alone stood to gain from our changes, hopefully the motivation of Christ-inspired sharing would see us through. But we also stand to gain. Happily, the whole grains, legumes, vegetables, fruits, and moderate amounts of animal products that make sense in light of world food needs are also the best for our health. With a few exceptions, these are also the cheapest. When we reduce our need for heavily grain-fed meat, the superprocessed, the sugary, we not only release resources for the hungry, but also protect our own health and pocketbooks.

We Liked It Better The Second Time

"It's a long road to freedom, a winding steep and high . . ." goes a Medical Mission Sisters' tune. Many cooks sending recipes to this book affirm that fact. It is a long road to freedom from pop and chips, freedom from 32 teaspoons of sugar a day, freedom from society as master.

"Our family has been working at this for several years now" was a typical opening comment above recipes we received. These families have more than a food crisis mentality. They are serious about change. We must be committed to living responsibly in a world where food shortages are not going to be solved easily. The process takes as long as it takes to raise children who know how to survive on less.

"You can't make the soufflé rise twice" was the comment of one

experienced church leader reflecting on the difference between fads and convictions. If we are people of a soufflé mentality who get carried to great heights over an issue, we will probably fall flat six months later when the media moves on to other subjects. Maybe the image of sourdough is a better one. One always keeps a little dough in reserve to leaven loaves in an ongoing supply. The starter can be shared with friends. It can be stored and revived as needed. If we do not expect instant solutions, our changes are more likely to be long-lasting. People committed to eating responsibly have provided the following ideas on changing food habits:

1. Keep the basic commitment strong. Study the Bible to see what Jesus and early church writers said about living in Christ's kingdom, about sharing. Study world food needs and solutions from the perspective of farm papers, news media, Third World development experts, church periodicals. But keep in mind that our direction does not come from how society operates, but from Jesus who said, "Give to him who begs from you," "Give as freely as you have received!" "You give them something to eat," "Give, and it will be given to you."²

2. Expect eating habits to change slowly. At the bottom of a soybean recipe, Eleanor Kaufman from Newton, Kansas, added, "Our children have discovered this to be a tasty dish after two or three exposures." My own experience with soybeans was the same. The first time they simmered all morning on my stove I found their odor a little objectionable. The next few times I did not mind it. Now when I return from outdoors to the kitchen aroma of cooking soybeans, I respond unconsciously with the same good feeling I have for any food smell that signals mealtime. Trying to change

too many things at once will only make a household defensive. A slower approach which gives people time to adjust their tastes goes more smoothly.

3. Be honest about reasons for change. One of the most unpleasant cookbooks I've read is one in which the author gives endless ideas for improving a family's nutrition without letting them know it. She even suggests cover-up things to say if anyone should suspect carrots in the meat loaf or wheat germ in the cookies. Why not simply offer matter-of-fact explanations that reflect an honest desire to share with the hungry? Often children are willing to go further than we realize if they understand our reasons and are involved in decisions.

4. Let children help plan. One mother told me her fourteen-year-old son was unhappy with her menus. He complained about cutting down on meat and other foods he enjoyed. When she allowed him to set the family menus for a week, she was surprised to see how economically he planned. She found he shared her motivation. What they ate was not really very different when he planned. But he felt better about the meals and he realized his concerns were heard.

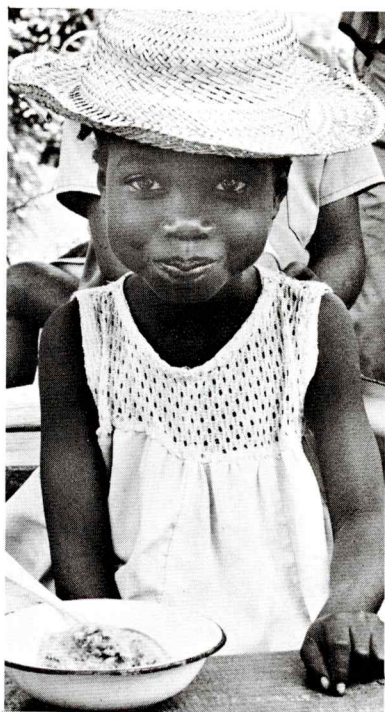
Children can rise to the occasion in an amazing way if they are given honest explanations and time to adjust to new foods. There are days when they complain and reject any changes outright. But in the end, children's food habits are set by example. If parents are open to changes, children will be, too.

Suggestions on how to cut food costs usually include, "Don't take children along shopping." Stores display candy and cookies at knee-level up one aisle and down the next. On the other hand, why not at least occasionally discuss the week's menus with children before a shopping trip and take them along to help look for the best buys. Our children were fascinated by unit pricing signs when I explained them.

5. Be willing to celebrate. Around the world people who must live on monotonous diets still manage an occasional celebration. Undoubtedly their celebrations bring enjoyment in proportion to how much they vary from the daily routine.

The four Gospels show Jesus entering wholeheartedly into times of joy and feasting. We celebrate with family and friends when a holiday or special occasion brings us together. But the fact that in North America we tend to feast nonstop can dull our festive joy. We feel guilty about a Thanksgiving turkey and trimmings when we have not lived responsibly in the weeks preceding it. We require more and more trimmings to turn any celebration into a meal distinguishable from our daily diet.

A wedding, a son or daughter's homecoming from far away, an aged parent's birthday, Christmas or Easter—food can help express what these days mean to us. But there are simple ways to turn meals into celebrations. Hold in clear perspective the reason for celebrating. Don't expect food to be the total experience. More with less means affirming faith and relationships as the basis for celebrating, and letting food play a complementary role.



***One who is full tramples
on virgin honey,
but to the man who is hungry,
any bitter thing is sweet.***

—Proverbs 27:7

New American Bible

Notes

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Building a Simpler Diet

*God's people wander
in the supermarket
among chemical frozen pies
overprocessed skillet dinners
nutritionless snack foods
soft drinks in throwaway bottles.
Like manna in the wilderness
hold fast
vegetables from
sun-warmed gardens
protein-rich beans
oven-fresh whole-grain breads
home-canned fruit in Mason jars.
—Idea from Jane Short
Elkhart, Indiana*

The question begins to focus: What should we eat and what should we not eat to free resources for hungry people and to improve our own health? General guidelines which take into account world food and energy needs, good nutrition, and food costs can be summarized this way:

1. Eat more

- whole grains—
 - rice
 - wheat
 - barley
 - rye
 - oats
 - corn
 - millet
- legumes—
 - dried beans including soybeans
 - dried peas
 - lentils
 - peanuts
- vegetables and fruits—
 - inexpensive
 - locally grown varieties
 - or homegrown
 - and preserved
- nuts and seeds—
 - inexpensive
 - locally grown varieties

2. Use carefully

- eggs
- milk, cheeses, yogurt
- seafoods
- poultry
- meats

3. Avoid

- superprocessed and convenience foods
- superpackaged foods
- foods shipped long distances
 - especially under refrigeration
- foods heavy in refined sugar and saturated fats

How much of various foods is enough? Not everyone in North America eats the same. The Basic Four Food Groups is a popular guide for making sure we get an adequate diet.

Basic Four Food Groups¹**Daily Requirements****1**

milk
cheese
ice cream
yogurt

children up to 11 yrs.	2½ c.
adolescents	4 c.
adults	1½ c.
pregnant and nursing mothers	3-4 c.

2

meats
poultry
seafood
eggs
legumes
nuts
peanut butter

2 2-3 oz.
servings

3

vegetables
fruits

4 servings
including
1 high in
Vitamin C
1 high in
Vitamin A

4

cereals
breads

4 servings

This plan is the basis of nutrition education in Canada and the United States. Its use will continue, but there are qualifications to consider:

1. In almost all materials where this system is used, meats predominate in Group II. Eggs, beans, nuts, and peanut butter usually are listed below as alternates, often in finer print. Readers quickly absorb the idea that these "alternates" are less desirable nutritionally, and assume they are to be used as protein sources only if meat is unavailable.

2. Again in the meat group, the guide suggests two or more

servings of meat daily,² but serving size is listed as two to three ounces. Cookbooks, such as *Betty Crocker's*, recommend four- to eight-ounce servings for various boneless cuts. A pound of hamburger or a small frying chicken prepared for eight people gives two-ounce servings of meat. With the size servings to which North Americans are accustomed, one serving a day is adequate.

3. The guide gives no information about combining plant proteins (grains with legumes, for example) to provide more complete protein from these sources.

4. Many foods such as casseroles and pizza contain elements from several food groups, making it difficult to calculate where a serving of food belongs. The system of four food groups is linked to our assumption that a meal consists of meat, potatoes, vegetables, and bread. It does not adapt well to other cultures. Mennonite Central Committee public health volunteers in Zaire have found more workable a system which compares the body to a house needing builders (proteins), protectors (vitamins and minerals), and strength-givers (carbohydrates). A complete meal includes food from each of these groups.³

The Basic Four Food Groups approach is useful as a general guide, but we should be aware that in the way it is often used, it tends to affirm our overconsumption of protein.

The Protein Question

Getting Enough

As we noted in Chapter 1, protein is an important factor in planning a diet that gives us more with less. How much is really enough?

Recommended daily allowances for protein in the United States were

lowered in 1974. The National Academy of Sciences in Washington, D.C., recommends 54 to 56 grams (1.9 ounces) for men, and 44 to 46 grams (1.6 ounces) for women. This represents a daily protein allowance for adults of .8 grams of protein per kilogram of body weight.⁴ The Canadian Council on Nutrition recommends the same amount.⁵

Actually most people's minimum need for protein is about half the recommended daily allowances. But adjustments are made to cover individual differences and the fact that not all the protein we eat is complete in essential amino acids.⁶ We can feel assured that these allowances include an adequate margin of safety.

Physically active people need no more protein per kilogram of body weight than do the sedentary. *Consumer Reports*, in an article on meat consumption titled "How Much Is Enough?" says protein needs go up when the body is rebuilding tissue after severe illness, or developing muscles rapidly as at the beginning of a more physically demanding job. But once tissue is replaced, or muscles are built, "the 150-pound laborer or athlete has the same protein needs as the 150-pound desk worker."⁷ See the chart on page 33.

The very active person needs more calories. Carbohydrates provide these additional calories more efficiently than do proteins. The excess protein we eat is broken down by the liver into nitrogen, which we excrete, and into energy molecules the same as carbohydrates. Eating protein to meet energy needs at a time when food is in short supply represents a waste like burning furniture for heat when firewood is available.

What Is Complete Protein?

We hear it said that the quality of protein in meat is higher than in vegetable sources, or that meat contains complete protein whereas plants do not. What is meant by these terms?

Twenty amino acids make up the proteins our bodies use. Of these twenty, eight must come directly from the food we eat. These eight are called the essential amino acids. The rest our bodies can synthesize.

All the essential amino acids must be present simultaneously and in proper proportions for our bodies to utilize them. If one is lacking, even temporarily, the body's ability to use protein will fall accordingly.

Complete protein foods contain all eight essential amino acids. Animal products—eggs, milk, and meat—provide all eight amino acids in the proportions our bodies require. Eggs most nearly match the ideal pattern. Milk is a close second, and meats follow. Soybeans and whole rice come close to meats in protein quality. Other grains, the legumes, seeds, and nuts are also good sources of protein but each lacks one or more of the essential amino acids.

Amino Acid Teamwork

The amino acid deficiency in plant proteins does not mean that we must rely on animal products only for a complete protein supply. The amino acids lacking in one plant source can be made up in another. Plant proteins complement each other.

But how do we know what complements what? Actually the relationships are not hard to remember. Food habits from all over the world reflect an intuitive skill in combining complementary amino acids. Chart A on page 32 shows how it works.

In terms of specific amino acids, milk contains protein rich in lysine; legumes generally are low in tryptophan and sulfur-containing amino acids and, like milk, high in

lysine. Grains are low in isoleucine and lysine. Thus milk and/or legumes complement grains.⁸

Seeds such as sunflower and sesame could be listed with grains since they are also complemented by milk and legumes. Most people, however, do not eat enough seeds to consider them an important source of protein.

Diet for a Small Planet, a book focusing on the age-old practice of complementing proteins, says:

"Eating a mixture of protein sources can increase the protein value of the meal; here's a case where the whole is greater than the sum of its parts. . . . Such mixes do not result in a perfect protein that is fully utilizable by the body (remember that only egg is near perfect). But combinations can increase the protein quality as much as fifty percent above the average of the items eaten separately."⁹ In our terms, this means getting more with less as we plan menus involving plant protein.

Chart A on page 32 gives menu combinations that show proteins in a complementary relationship. Some of our most common are cereal with milk, cheese sandwiches, and bread with milk. These are typical of a European background where grains and dairy products make up an important part of the diet. Other parts of the world have prepared nutritious combinations for centuries. Latin Americans eat rice with beans or beans with corn. In India a pea or lentil puree (dhal) is eaten over rice. In Indonesia fermented soybean cakes (tempe) go with the rice meal. A mung bean-rice cereal is a popular Vietnamese breakfast. The Chinese and Japanese use bean noodles, bean curd, and bean sprouts with rice. Rice-lentil mixtures complemented by yogurt are common in the Middle East. Cornmeal mush eaten with beans is a staple in many African countries. We can keep using our own

well-known cereal-milk combination and borrow from other traditions for a more interesting and responsible diet.

Complementary foods, to provide maximum usable protein, must be eaten together at the same meal. Chart A on page 32 shows complementary proportions that result in efficient use of plant proteins.¹⁰ These proportions do not have to be followed slavishly in cooking. They are given to show that good proportions are realistic for the way we prepare food.

No-Meat, Low-Meat, And Which Meat

For centuries some persons and groups have lived on meatless (vegetarian) diets. We who are used to a four-ounce serving of meat at least once a day wonder how vegetarians can possibly keep up in sports or heavy physical work.

In 1974 the National Academy of Sciences (which sets United States recommended daily allowances) reported studies comparing the health of persons eating meat to those who did not. "No evidence of deficiency was found and the intake of nutrients by each group equaled or exceeded the Recommended Dietary Allowances . . . with the exception of Vitamin B₁₂ which was low in the total vegetarian (not even milk or eggs) diet."¹¹ Vegetarians who included milk and eggs got all the essential nutrients. The report says that individual pure vegetarians from many populations of the world have maintained seemingly excellent health.

It is possible to get along without meat. Recognizing North American food habits and resources, however, we expect that most people will continue eating meat. We want to make best use of grazing land, forages, and roughage to produce protein for human consumption. We

will slaughter for food the hen that stopped laying and the cow that no longer gives milk.

But we are clearly calling for lower-meat diets. In 1974 United States red meat consumption (beef, veal, pork, and mutton) stood at just over one-half pound per person daily. This excludes poultry, fish, eggs, and dairy products.¹² By any good nutritional standard, one-fourth pound is adequate. What is consumed above that, given the limited resources of our planet, has to be called waste.

Day One, Meatless	gr. of protein
Breakfast:*	
juice	
¾ c. cooked oatmeal	4
1 slice whole wheat toast	2.4
1 c. milk	8.8
Lunch:*	
1 c. bean soup	8
cheese sandwich	
(2 slices bread,	4.8
1 slice cheese)	7
carrot sticks	
fruit	
Dinner:*	
fried rice	10.3
(1 egg per serving)	
green beans	1
salad	
bread pudding	8.9
	55.2

Day Two, Meatless	
Breakfast:*	
fruit	
2/5" waffles	14
1 c. milk	8.8
Lunch:*	
½ c. cottage cheese	15
on tomato	
3 crackers	1
Dinner:*	
1 c. lentil casserole	12
broccoli	3
1 whole grain muffin	4
fruit	
	57.8

*Includes a complementary protein relationship which would increase protein quality.

Below are four days' menus, with protein grams given for each food containing a significant amount. We can aim for fifty grams a day and get enough. Day One and Two show how it is possible to get the protein requirement on meatless days. Day Three and Four use moderate amounts of meat.

In these menus below, protein could be increased for any day by adding another glass of milk, peanut butter on bread, or by using small amounts of soy flour or dry milk in baked goods.

Day Three, Some Meat	gr. of protein
Breakfast:*	
fruit	
1 c. dry oat cereal	3.4
1 slice toast	2.4
1 c. milk	8.8
Lunch:*	
ham sandwich	
(2 slices bread,	4.8
2 oz. ham)	9
raw vegetables	
fruit	
Dinner:*	
8 oz. pizza with cheese	
and 2 oz. ground beef	30
green salad	
¾ c. ice cream	4
	62.4

Day Four, Some Meat	
Breakfast:*	
juice	
1 egg	6.2
1 slice toast	2.4
1 c. milk	8.8
Lunch:*	
¾ c. baked beans	11
1 slice whole wheat bread	2.4
1½ T. peanut butter	5.2
fruit salad	
Dinner:*	
1 c. macaroni casserole	4
with 2 oz. chicken	11
and ½ oz. cheese	3
carrots	1
green salad	
2 cookies	1.5
	56.5

The following ways to increase protein in various dishes should be used only by households making a serious attempt to cut down on meat consumption. There is no point in using bread containing soy flour to make a meat sandwich, for example.

Increasing Protein Content in Foods

In baked goods:

use part or all whole wheat flour
add wheat germ—2 T. per cup of flour
add dry milk powder
use soy flour—replace 2 or more T. per cup of all-purpose flour with soy flour
(2 T. low-fat soy flour has 14 gr. protein)

In vegetables, casseroles, soups, main dishes:

add cheese
use a sauce made with milk
add extra dry milk powder
use soybeans
use ground soybeans as extender
add hard-cooked eggs
add nuts

In salads:

add grated cheese, cottage cheese
add chilled marinated soybeans
sprinkle with roasted sunflower seeds or nuts
whip cottage cheese or yogurt into dressings
add hard-cooked eggs

In desserts:

use yogurt, milk, eggs, cottage cheese
add extra dry milk powder
add soy flour
add nuts
sprinkle with granola

Which meat one chooses is important along with how much meat. Cheaper grades contain just as much and often more protein than expensive marbled grades.

The top three grades of beef in the United States are prime, choice, and good. Prime, usually reserved for restaurant use, is well marbled. Choice, containing less fat, is the grade commonly sold in supermarkets. Good is acceptable for braised and stewed dishes but may be hard to find on meat counters.

In Canada, beef from youthful animals is graded A or B. A contains fat marbling, while B has no minimum marbling standards. Within both A and B are four fat levels numbered from one (lowest) to four (highest). Grades C and D are from older animals.

Check the grade of meat your store carries. If you find a butcher who sells a lower grade, it should be cheaper and may represent less grain in production. It will be a bit tougher, but when braised slowly can yield delicious dishes likely to be higher in protein than those made from expensive cuts.

Use more variety and organ meats. Why eat only roasts, steaks, and hamburgers, neglecting liver, kidneys, tongue, tripe, brains, and heart? *The Intelligent Consumer*, a gold mine of information on responsible living, calls this "our purely cultural squeamishness."¹³ These meats are usually made into hot dogs laced with coloring and sodium nitrate, or they are turned into pet food. Some of the world's tastiest dishes are made from variety meats.

Chicken is one of the most efficient converters of plant to animal protein, and one of the cheapest meats. Fish is an even more efficient converter. One can not recommend growing dependence on fish as a protein source, however, because the world fish catch is declining due to decades of wanton exploitation. Even that old economy standby, tuna, is heavily overfished all over the world.¹⁴



Milk Products

should always
be served with **Grains**

cereal with milk
bread and milk
cheese sandwiches
macaroni with cheese
rice-cheese casserole
lasagne (pasta and cheese)
pizza (crust and cheese)
cheese fondue
granola or grape nuts made with milk
baked goods containing milk
rice pudding (rice and milk)

1 c. skim milk	complements	¾ c. rice
¼ c. grated cheese	complements	¾ c. rice
½ c. skim milk	complements	1 c. whole wheat flour
3 T. dry milk powder	complements	1 c. whole wheat flour
1 c. milk	complements	5 slices bread
1 c. milk	complements	1 c. dry macaroni
⅓ c. grated cheese	complements	1 c. dry macaroni

Legumes

should always
be served with **Grains**

peanut-butter sandwiches
soybean salad with bread
bread containing soy flour
lentil soup and muffins
lentils or split peas (dhal) with rice
rice-bean casserole
Boston baked beans with brown bread
beans and tortillas
refried beans and rice
beans and corn bread
bean soup and bread

1 c. beans	complements	2⅔ c. rice
¼ c. soybeans	complements	2½ c. rice
½ c. beans	complements	3 c. whole wheat flour
¼ c. soy flour	complements	1 c. whole wheat flour
¼ c. beans	complements	1 c. cornmeal or 6 tortillas

b

Adapted from
Recommended Dietary Allowances
 Eighth Edition
 NSA Publication No. 2216, 1974
 Food and Nutrition Board
 National Academy of Sciences—
 National Research Council, U.S.A.

	Age (years)	Weight (pounds)	Energy (calories)	Protein (grams)
Children	1- 3	28	1300	23
	4- 6	44	1800	30
	7-10	66	2400	36
Males	11-14	97	2800	44
	15-18	134	3000	54
	19-22	147	3000	54
	23-50	154	2700	56
	51+	154	2400	56
Females	11-14	97	2400	44
	15-18	119	2100	48
	19-22	128	2100	46
	23-50	128	2000	46
	51+	128	1800	46
Pregnant			+300	+30
Lactating			+500	+20

The following segment of the Canadian Dietary Standard (Revised 1968 and based on .7 grams protein per kilogram of body weight) shows how calorie needs, but not protein needs, vary according to level of physical activity.

Some examples of the Activity Category are listed below:

Maintenance:

dressing, reading, knitting, working at desk with little movement, driving car, spectator at games.

A

Most household chores, typing, assembly-line work, sales clerk, driving tractor, walking, golf, ballroom dancing.

B

Heavy housecleaning, digging, moving or lifting of heavy packages, masonry, military drilling, active sports for pleasure.

C

Manual methods of haying and harvesting, manual handling of wheelbarrow in construction work, training for professional athletics.

	Weight (pounds)	Activity Category	Calories	Protein
Male	158	Maintenance	2300	48
		A	2850	48
		B	3650	48
		C	4250	48
Female	124	Maintenance	1900	39
		A	2400	39
		B	3000	39



**Protein and Calorie Content
of Some Common Protein Foods**

		Portion Size	Calories	Protein (Grams)
Cereals	All-Bran	1/3 c.	70	3
	Cheerios	1 c.	102	3.4
	cornflakes	1 c.	95	2.1
	cream of wheat, cooked	1 c.	130	4.4
	oatmeal, cooked	1 c.	148	5.4
	oatmeal, dry	1 c.	312	11.4
	Quaker 100% natural	1/3 c.	186	5.3
	Special K	1 c.	60	3.2
	Sugar Crisp	1 c.	126	2.3
	wheat germ	1/4 c.	103	7.5
	Wheaties	1 c.	104	2.8
	eggs, large	1 egg	88	7.0
Dairy Products and Eggs	cottage cheese	1/2 c.	120	15.3
	natural cheddar cheese	1 oz.	115	7.2
	natural Swiss cheese	1 oz.	106	7.7
	process American cheese	1 oz.	107	6.5
	milk, whole, fresh	1 c.	162	8.6
	milk, skim	1 c.	88	8.8
	(same as buttermilk from skim milk or reconstituted nonfat dry milk)			
	nonfat dry milk solids	1 c.	215	21.4
	ice cream	1/6 qt.	186	3.6
	ice milk	1/6 qt.	137	4.3
	yogurt, from skim milk	1 c.	122	8.3
	yogurt, from whole milk	1 c.	151	7.3
Flours	soy, low fat	1 c.	356	43.4
	white, all-purpose	1 c.	400	11.6
	whole wheat	1 c.	400	16.0
	rye	1 c.	268	7.5
Grains and Pasta	barley, pearled, dry	1/4 c.	196	4.6
	cornmeal, dry	1/4 c.	135	2.9
	rice, white, dry	1/4 c.	178	3.3
	brown rice, dry	1/4 c.	176	3.7
	egg noodles, dry	1/4 c.	70	2.3
	macaroni, dry	1/4 c.	101	3.4
	spaghetti, dry	1/4 c.	140	4.8
	kidney beans, dry	1/2 c.	343	22.5
	lentils, dry	1/2 c.	340	24.7
	limas, dry	1/2 c.	345	20.4
Legumes	navy beans, dry	1/2 c.	340	22.3
	pinto beans, dry	1/2 c.	349	22.9
	split peas, dry	1/2 c.	348	24.2
	peanut butter	1 T.	86	3.9
	peanuts, shelled	1 T.	86	4.0
	soybeans, dry	1/2 c.	403	34.1
	soybeans, immature, cooked	1/2 c.	88	7.4
	soybeans, mature, cooked	1/2 c.	130	11.0

**Meats
and Fish**

beef:			
ground beef	¼ lb., raw	304	20.3
ground beef, lean	¼ lb., raw	203	23.4
chuck roast, choice grade	¼ lb., raw	337	15.5
chuck roast, good grade	¼ lb., raw	288	16.7
sirloin steak, choice grade	¼ lb., raw	229	17.8
round steak, choice grade	¼ lb., raw	216	22.1
liver	¼ lb., raw	159	22.6
chicken fryers:			
whole, ready-to-cook	½ lb., raw	191	28.7
breasts	½ lb., raw	197	37.3
drumsticks	½ lb., raw	157	25.6
thighs	½ lb., raw	218	30.8
livers	¼ lb., raw	146	22.4
fish:			
cod, flesh only	¼ lb., raw	89	20.0
flounder, flesh only	¼ lb., raw	90	19.0
haddock, flesh only	¼ lb., raw	89	20.8
mackerel, canned	¼ lb.	208	21.9
perch, flesh only	¼ lb., raw	108	21.6
salmon, canned	¼ lb.	160	27.0
tuna, canned in water	¼ lb.	144	32.0
pork:			
bacon	¼ lb., raw	667	9.3
ham, picnic	¼ lb., raw	265	15.6
ham, canned boneless	¼ lb.	189	20.9
loin chops	¼ lb., raw	266	15.3
sausage, links or bulk	¼ lb., raw	565	10.7
miscellaneous meats:			
bologna	¼ lb.	345	13.7
frankfurters, all-meat	¼ lb.	361	14.9
luncheon meat, canned	¼ lb.	334	17.0
salami	¼ lb.	352	19.9
scrapple	¼ lb.	194	10.0



Comparative Costs of Protein Sources

Prices based on Eastern
Pennsylvania
Supermarkets, April 1975

Prices change, but you can easily adapt this chart to meet contemporary needs: Put the revised price per pound in the first column; divide it by the figure in the second column to obtain the price per gram; move decimal point two places to the right to obtain price per 100 grams. This gives you the revised figure for the third column.

		Typical price per pound	Grams of protein per pound	Cost of 100 grams of protein
Beef	liver	.58	90.3	.64
	hamburger	.89	81.2	1.10
	ground chuck	.99	93.9	1.05
	chuck roast, bone-in	1.35	71.6	1.89
	sirloin steak	1.59	71.1	2.10
Pork	round steak	1.89	88.5	2.14
	ham, smoked picnic	.85	68.3	1.24
	pork chops, loin	.98	61.1	1.60
	ham, canned	1.54	83.0	1.86
	bulk and link sausage	1.19	42.6	2.79
Lamb	boiled ham, sliced	2.98	103.5	2.88
	bacon	1.29	38.1	3.39
	leg of lamb	1.39	67.7	2.05
Chicken	lamb chops	1.79	58.9	3.04
	whole	.47	57.4	.82
	cut-up	.53	57.4	.92
	breasts	1.09	74.5	1.46
	thighs	.95	61.6	1.54
Fish	legs	.95	51.2	1.86
	turkey, hen	.63	65.9	.96
	perch, frozen	.95	87.5	1.09
	cod, frozen	.99	79.8	1.24
	fish sticks	.99	74.7	1.32
Misc. Meats	haddock, frozen	1.39	83.0	1.67
	flounder, frozen	1.39	75.8	1.83
	mackerel, canned	.48	87.5	.55
	sardines, canned	.65	89.3	.73
	tuna, canned	1.30	109.8	1.18
Legumes	salmon, canned	2.49	93.0	2.68
	frankfurters, all meat	.89	59.4	1.50
	salami	1.20	79.4	1.51
	luncheon meat, canned	1.13	68.0	1.66
	bologna, whole	1.15	62.4	1.84
	bologna, sliced	1.25	62.4	2.00
	navy beans, dry	.37	101.2	.36
	lentils, dry	.43	112.0	.38
	split peas, dry	.43	109.3	.39
	baby limas, dry	.37	92.5	.40
	kidney beans, dry	.57	103.9	.54

	pinto beans, dry	.59	103.9	.56
	marrow or pea beans, dry	.59	101.2	.58
	large limas, dry	.57	92.5	.62
	baked beans, canned	.24	27.7	.87
	soybeans, dry	.35	154.7	.22
	textured veg. protein meat extender	1.48	240.0	.61
	soybean breakfast sausage	1.86	72.0	2.58
	peanut butter	.68	114.3	.60
	peanuts, shelled	1.24	118.8	1.04
Grains and Pasta	spaghetti	.41	56.7	.72
	egg noodles	.55	58.1	.94
	rice	.37	30.4	1.22
Cereals	brown rice	.52	34.0	1.53
	wheat germ	.74	144.0	.51
	oatmeal	.50	64.4	.79
	cream of wheat	.51	54.4	.94
	Special K	1.09	9.6	1.15
	Cheerios	.88	64.0	1.37
	All-Bran	.67	48.0	1.39
	Wheaties	.76	48.0	1.58
	Quaker 100% Natural Cereal	.87	48.0	1.81
	cornflakes	.60	32.0	1.87
	Sugar Crisp	.86	32.0	2.69
Flours	soy	.54	196.9	.27
	white	.15	47.6	.32
	whole wheat	.21	60.3	.34
Dairy Products and Eggs	whole milk, one pint	.16	17.2	.90
	nonfat dry milk powder	1.07	162.4	.66
	cottage cheese	.55	61.7	.89
	process American cheese	1.29	105.2	1.22
	cheddar cheese	1.49	113.4	1.31
	Swiss cheese	1.79	124.7	1.43
	eggs, large	.89 per doz.	58.2	1.03
Misc.		.60 per lb.		
	pizza, frozen	.89	40.4	2.20

10 expensive sources of protein	Cost of 100 grams of protein
Bologna	2.00
Leg of lamb	2.05
Round steak	2.14
Frozen pizza	2.20
Soybean-based breakfast sausage	2.58
Salmon, canned	2.68
Sugar Crisp cereal	2.69
Boiled ham	2.88
Lamb chops	3.04
Bacon	3.39

10 economical sources of protein	Cost of 100 grams of protein
Soybeans, purchased dry	.22
Navy beans, purchased dry	.35
Lentils, purchased dry	.38
Kidney beans, purchased dry	.54
Mackerel, canned	.55
Peanut butter	.60
Beef liver	.64
Powdered milk	.66
Whole chicken	.82
Cottage cheese	.89

General Helps

Equivalents

		Weight — yields —	Approx. Measure
Dairy Products	nonfat dry milk solids	1 lb.	4 c.
	cheese	1 lb.	4 c. shredded
	cottage cheese	1 lb.	2 c.
	cream cheese	8 oz.	1 c.
	butter or margarine	1 lb.	2 c.
			Approx. measure, cooked
Dried Beans	kidney	1 lb. (1½ c.)	6 c.
	lima	1 lb. (2⅓ c.)	6 c.
	navy	1 lb. (2⅓ c.)	6 c.
	soybeans	1 lb. (2⅓ c.)	6 c.
	split peas	1 lb. (2 c.)	5 c.
	lentils	1 lb. (2⅓ c.)	6 c.
			Approx. measure
Eggs	7 small eggs		1 c.
	6 medium		1 c.
	5 large		1 c.
Flour and Grains	enriched white	1 lb.	4 c. sifted
	enriched cake	1 lb.	4½ c. sifted
	whole wheat	1 lb.	3½ c.
	rye	1 lb.	4 c.
	soy	1 lb.	6 c.
	cornmeal	1 lb.	3 c.
	oatmeal	1 lb.	4¾ c.
Nuts	almonds	1 lb. in shell	1¾ c. shelled
		1 lb. shelled	3½ c.
	pecans	1 lb. in shell	2¼ c. shelled
		1 lb. shelled	4 c.
	peanuts	1 lb. in shell	2¼ c. shelled
		1 lb. shelled	3 c.
	walnuts	1 lb. in shell	1¾ c. shelled
		1 lb. shelled	4 c.
	coconut	1 whole	2-3 c. shredded
		1 lb. shredded	5 c.
			Approx. measure, cooked
Rice and Pasta	rice	1 lb. (2 c.) dried	6 c.
	macaroni	1 lb. (4 c.) dried	8 c.
	spaghetti	1 lb. (5 c.) dried	9-10 c.
	noodles	1 lb. (6 c.) dried	10½ c.

Sugar	granulated	1 lb.	Approx. measure 2 c.
	brown	1 lb.	2¼ c.
	confectioners	1 lb.	3½ c.
	honey	1 lb.	1½ c.
	molasses	1 lb.	1⅓ c.
Misc.	1 pkg. dry yeast		1 T.
	1 envelope unflavored gelatin (enough to jell 2 c. liquid)		1 T.
	1 lemon juice		2-3 T.
	rind, grated		1½-3 t.
	1 orange juice		⅓-½ c.
	rind, grated		1-2 T.
	1 lb. bananas (3-4)		2 c. mashed
	1 lb. dates		2½ c. pitted
	1 lb. seedless raisins		2¾ c.
	1 lb. raw potatoes		2 c. cooked and mashed

Metric Conversion Table

	when you know	you can find	if you multiply by
Weight	ounces	grams	28
	measured in grams (G)	pounds	kilograms
	1 gram= 1/28 ounce	grams	0.45
	= 1/1000 kilogram	ounces	0.035
		pounds	2.2
Liquid Volume	ounces	milliliters	30
	measured in liters (L)	pints	liters
	1 liter= 1.06 quarts	quarts	0.47
		gallons	liters
		milliliters	0.95
		liters	3.8
		liters	0.034
		liters	0.26
		quarts	1.06
		gallons	0.26
	Fahrenheit (F°)	Metric: Celcius (C°)	
Temperature	32°	0°	
	212°	100°	
	98.6°	37°	

Shorten the Shopping List

Reducing the grocery list to fewer, more basic foods and buying these in quantity will almost always save money. It also lessens the likelihood of running out of vital ingredients when cooking. It means fewer trips to the supermarket and fewer searches up and down its aisles. It means less checkout, bagging, and home storage time. It means fewer containers to open and discard, fewer loaded wastebaskets to empty. The current practice of marketing everything in ten-ounce containers necessitates a thousand small motions. Small containers and vast variety run us in circles.

Dry milk is a good example. For several years I bought a certain brand because we liked its taste. One day I could find it only in boxes of ten pre-measured foil packets. I picked up a couple of these every other time I went shopping, and often ran out of milk anyway. I could have bought ten at a time, but the boxes were twice as bulky as their actual contents. Ten would have filled my shopping cart and my cupboard. Empty boxes and foil packets jammed our wastebasket. When the milk began to cost 35 cents a box more than other brands, I quit buying it.

One recipe contributor wrote that she buys a fifty-pound container of dry milk at a local dairy. It is much cheaper. It takes room to store it, but not the room its equivalent in foil packets and boxes would take. Leaving a cup in it makes measuring easier and eliminates throw-away. When are we going to stop putting up with the inconvenience of convenience foods?

Stores are not designed for people who want a cheap, sensible system of getting food into their homes. We have to look hard to find beans or dry milk in a ten-pound bag, or yeast in anything but micro-mini envelopes.

In every community it takes time and energy to ferret out places where bulk quantities of food are sold. Local feed mills are good places to look for straight-run whole wheat flour, white flour, cornmeal, rolled oats, wheat germ, bran, and soybeans. Feed mills may also be willing to grind your own wheat, corn, or soybeans.

Check local farmers for milk, eggs, wheat, animals for slaughter (ask about stewing hens), garden and orchard produce in season, honey, maple syrup, and soybeans. Many soybean varieties are available, but any field variety is edible. Farmers ask about one fifth as much for soybeans as grocery or health food stores charge. In many communities consumers and farmers are getting together again to eliminate the waste and expense of super packaging, processing, and advertising.

Community businesses, such as the dairy mentioned earlier, buy foods in quantity for their own uses and might pass on these advantages. Ask your local grocer to order for you in quantity.

Wholesale produce markets sell fresh produce by the crate. One farmer who regularly delivers potatoes to such a market, then loads his truck with crates of produce for his neighborhood.

Food co-ops usually handle staples. A co-op may already be operating in your community. Literature on how to organize a co-op is available.

Learning to buy food this way does take more time initially. Perhaps you could set aside a day or two every six months for stocking up on staples. The list could include:

white flour
whole wheat flour
wheat germ
cornmeal
rolled oats
quick oats
dry beans and peas
soybeans
shortening
oil
dry milk
honey
syrup
sugar
raisins
dried fruits
spices and herbs
nuts
potatoes
soaps
detergents
cleaning supplies

You need storage when you buy food in quantity, but this system also makes space in kitchen cupboards by reducing the number of small boxes and jars. In climates with cold winters, buy more items in quantity and store them in a dry basement, attic, porch, or garage. Transfer small amounts to kitchen canisters for daily use. Tightly covered cans or large jars (restaurants often throw them out) are good for storing staples.

Reduce your stock of flour, cornmeal, and oats or refrigerate it in warm weather. Do not try to keep twenty pounds of whole wheat flour in a warm kitchen cupboard. It may get rancid or buggy.

The art of properly storing dry food is one we need to revive. New houses usually have little provision for this kind of storage. Instead they have yards of expensive kitchen cupboards, all of them located in the warm kitchen where staples are most apt to spoil. The enclosed unheated porch of an old house is a great place in winter to line up cans of staples and baskets of fruit. In summer the porch stores garden produce. Leaving one room of a new house unheated can save energy in several ways.

Buy Nonprocessed Foods

The term "nonprocessed" can be misleading. Many basic foods are processed in some way. Grains may be dried at the mill. They need grinding to yield flour. Processing turns peanuts into peanut butter and cane into molasses.

"Nonprocessed" as used here means food sold as nearly as possible in its natural form. So we buy plain peanut butter. We do not need a factory to mix it with jelly or bananas for us. We can make our own puddings from eggs and milk instead of using mixes, which contain very little of either. We can get a wire whisk, learn to stir up a white sauce, and flavor it in our own way instead of dumping canned soup on every casserole.

Kool-Aid and Jello were two of our earliest convenience foods. Now they are so firmly entrenched in our menus that it is hard to imagine life without them. Both are made with artificial colorings and flavorings. They are simply a pleasant way to add more sugar to the diet. Kool-Aid, when mixed according to package directions, has six teaspoons of sugar in each cup. Gelatin salads and desserts can be made with unflavored gelatin and real fruits for more nutritious dishes.

What we drink is also a question of wise use of resources. First to be struck off the list are alcoholic beverages. Their destructive powers over health and human relationships have always been apparent. Added to this is the waste of grain in the production of some alcoholic beverages.

But we can't stop there. Per capita consumption of soft drinks in the United States has doubled in the past eleven years. Kamala Platt, a Newton, Kansas teenager, writes:

We in America are compulsive drinkers. I am not speaking of alcoholics, although they are included. I am speaking of

us—we consume gallons of soft drinks, sugar-water “fruit” drinks, tea, and coffee every week—beverages which supply little or no nutritional value. In a time of crisis, this is one area we need to reevaluate.¹⁵

Good cold water is an amazing thirst quencher which many people overlook.

Which fruit juice to buy is one question with an easy answer. Frozen concentrated orange juice, when reconstituted, usually costs less per ounce than any of the sugary, watery, so-called fruit drinks in 46-ounce cans. One ounce of orange juice still provides more Vitamin C than an ounce of the highly advertised “high Vitamin C” drinks. Frozen concentrated juice, unsweetened, is one of very few sensible convenience foods.

The Best Food Supply of All

Early last spring I bought a packet of Big Boy Hybrid Tomato seeds for fifty cents. I planted the seeds in a small pot and, when they were one and a half inches tall transplanted them into a flat. There were fifty-four plants. When the danger of frost was over, I transplanted them deeply in the black muck at the end of North 23rd Street.

Throughout the summer we hoed and weeded. They grew profusely. When the tomatoes ripened we ate all we could.

Then THE ELEVEN VARIETIES began. I canned tomato juice, whole tomatoes, tomato soup, and vegetable soup. On Labor Day I made spaghetti sauce from a new recipe sent by a sister in Ohio. It required three pecks of tomatoes, three large sweet potatoes, celery, peppers, onions, and garlic. By the time it was in the kettle the amount was so enormous that the whole family joked about it. I said, “I like to can.” Barbara affirmed, “You sure must like it. Nobody

would can that much if they didn't like to do it.”

I tried a new catsup recipe which the family liked—and made three batches. Later I made Thorley's Chili Sauce and Lick-Um Relish. After the first hard frost, I gathered the green tomatoes and made relish and mincemeat. The last of THE ELEVEN VARIETIES was green tomato dills using a recipe from the October Family Visitor. This winter our family will dine on the “poisonous love apple.”

—Ada Beachy, Goshen, Indiana

Gardening does something for the soul. “Less mow—more hoe” is the watchword for those who want their yards to yield more than status. Turn that sod under and plant food.

Lawn gardening—

Uses land wisely in time of world food shortages

Saves power mower gas

Improves the soil

Uses composted garbage

Saves energy—no trucking from

farm to factory to store to home

Provides nutrients—why buy

vitamins?

Assures eating more

vegetables— low-calorie

vitamins and roughage

Saves shopping trips—pick fresh salad at home

Provides delicious summer meals

Provides something to share with friends

Gives good exercise—why pay to work out at a gym?

Wears you out—why buy sleeping pills?

Facilitates group

endeavor—work together

Teaches life processes

Occupies children in summer

Gets you out of the house

Keeps you home on weekends—saves gas and money

Makes you feel good inside

If these factors are not enough, the final touch is that it does save on the food bill, if you know how to manage. Share expensive power tools. Use a compost heap and recycle kitchen garbage and yard

clippings regularly to improve the soil. This makes commercial fertilizer unnecessary, at least in smaller gardens. Plants and seeds can be shared. Take good care of tools and they will last for years.

Many apartment and city-dwellers do not have space even for leaf lettuce. Community gardens on church, school, or other institutional grounds are becoming more and more common. Organizing and setting up guidelines takes time, but there are advantages. New gardeners can learn from the more experienced. Produce is easily shared, especially at canning time, and the work is more fun when you can talk to the person in the next plot.

Home preserving which accompanies gardening is a long-standing tradition in rural Mennonite homes, but should not be rejected out-of-hand by urbanites. It also can pay off with produce purchased in season. In our community, for example, it is much cheaper to buy fresh broccoli in summer and freeze it than to depend on the ten-ounce frozen boxes of broccoli. Freezing broccoli takes little time and no special equipment.

Making pickles, canning tomato juice, canning or freezing applesauce and peaches, freezing green beans, strawberries, blueberries, and making jams and jellies are simple processes possible in any small kitchen. Apples can be dried in the oven. Chapter 11 includes some simple recipes.

Drying, the most energy-saving kind of home food preservation, is making a comeback in many homes. Detailed how-to books now available on all home-preservation methods provide the kind of help beginners need.

Home food preservation is hard work, but it can provide meaningful opportunities for family members to work together. I remember late summer evenings stuffing cucumbers into jars with Paul, my

right-hand man at canning time. Some couples would not call it a romantic encounter, but we like it. Paul grew up in a family where everyone—male or female—helps cut and peel. When all help, the work is no great burden to anyone.

Notes

1. As used here represents a composite of U.S. and Canadian nutrition guides, which are very similar.
2. Some Canadian guides recommend one serving of meat daily.
3. Letter from Sara Regier, nutrition education worker in Tshikapa, Zaire, January 1974.
4. "Recommended Dietary Allowances, Revised 1974," *Dairy Council Digest*, Vol. 45, No. 3, May-June 1974.
5. Dietary Standards for Canada approved by the Canadian Council on Nutrition in 1968.
6. Francis Moore Lappé, *Diet for a Small Planet* (New York: Ballantine Books, 1971), p. 42.
7. "How Much Is Enough?" *Consumer Reports*, September, 1974, p. 667.
8. Letter from Kenton K. Brubaker, PhD, Professor of Biology at Eastern Mennonite College, October 4, 1974.
9. Lappé, *Diet for a Small Planet*, pp. 51-52.
10. *Ibid.*
11. "Vegetarian Diets," A Statement of the Food and Nutrition Board, National Research Council, National Academy of Sciences, May 1974, p. 3.
12. "Beef Consumption Hits All-Time High," *Lancaster Farming*, Feb. 22, 1975, p. 10. Source: U.S.D.A.
13. Christopher and Bonnie Weathersbee, *The Intelligent Consumer* (New York: E. P. Dutton and Co., Inc., 1973), p. 16.
14. *Ibid.*, p. 20.
15. Letter from Kamala Platt, Newton, Kansas, January 1975.

But I've Always Loved to Cook

North American Mennonites enjoy a tradition of creative, bountiful cooking. Some knew hard times and put rivels (little balls of moistened flour) in the soup. But when times were better and livestock, gardens, and orchards flourished, meals with two meats, three vegetables, and the traditional seven sweets and seven sours ended in four desserts.

Our grandmothers had reasons for cooking so heartily. Pies, pickles, and quilts were among their few creative expressions. Aunt Anna might not have been allowed to speak in church, but when all Uncle Jake's brothers' families came for dinner afterward, it was quite acceptable to show them what she could do. Besides, with bedrooms unheated and hard work waiting for Monday morning, extra calories would not hurt anybody.

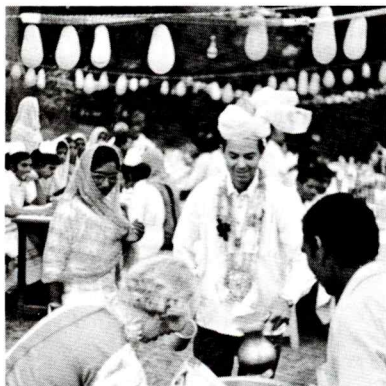
Now a wide range of creative pursuits are open to women. Warm homes and sedentary occupations mean people need fewer calories. But some people still love to cook.

And cook we shall. For simple is not necessarily plain, dull, or unattractive. "Simplicity is the keynote to good taste," emphasized my high school home economics teacher. If this applies to architecture, painting, and music, it applies to cooking—even cheap cooking.

Could a Meal Be Like a Symphony?

Great music is characterized by a central theme on which the rest of the work is built. Give a meal a theme by making one nutritious, perfectly cooked and seasoned dish. Complement it with a few plain foods offered much as nature produced them.

An example is the curry meal. You hover over the curry, cutting, mixing, adding, tasting, simmering it long and slowly until the flavor can only be described as an experience.



Eat with Joy

***When you are having a party
for lunch or supper, do not
invite your friends, your
brothers or other relations,
or your rich neighbours; they
will only ask you back again
and so you will be repaid.***

***But when you give a party,
ask the poor,
the crippled,
the lame,
and the blind;
and so find happiness.***

**—Luke 14: 12, 13
New English Bible**

But the rest of the meal can be plain steamed rice, chopped raw garden vegetables, coconut perhaps, and fruits.

Too many of our meals are tasting parties. The church potluck with twenty each of casseroles, salads, and desserts, is an extreme example. In an effort to try everything, we overeat. The variety becomes cloying. No dish gets the appreciation it deserves. An improvement on the potluck might be to ask every family to bring only one dish, but more of it.

At home we will save ourselves time, money, frustration, and fuel if we make fewer dishes at each meal. Creativity can still flourish. In fact, it is enhanced when we can concentrate, unharried, on a single dish.

Who has not had the experience of stashing an extra salad in the refrigerator for guests and forgetting it completely in the logistics of sending all four hot dishes to the table at once? And who has not watched children, with their blessed simplicity, stuff their tummies with one delicious food at a meal and refuse to confuse their taste buds with anything else?

Sara Janzen Regier, nurse and nutritionist in Zaire, wrote me that she does not make vegetable, salad, and fruit dishes all in a single meal. She selects one dish and makes plenty of it. During a furlough in North America, one of her children said at a family reunion potluck, "I sure will be glad to get back to Africa where we just have to eat manioc."

Our Family Likes The Old Recipes

The last attitude we should take in view of world food needs is one that says because Grandma did not eat bean sprouts and soy flour she was all wrong, and that at last a few of the younger people who do not eat beef have figured it out.

Traditional cooking can be quite responsible, as long as we

recognize that most of us need fewer calories than did our ancestors. Dig through old cookbooks if you want to find economical recipes. Ask Grandma what she knows about thrifty cooking, and make sure you are settled for the afternoon to listen. Now more than ever we should affirm the best of old eating habits. They would take us back to meals of mush and milk more often than we suspect.

A 1912 volume, *Economical Cooking*, says on the jacket, "The simplest and cheapest can also be the best, if one knows how to buy, prepare, and serve in an economical way." The book gives sample menus:

Luncheons

Banana Salad
Crisp Rolls
Coffee

Fried Mush
Milk

Corn Bread
Blackberries
Milk

Dinners

Bluefish
Sliced Tomatoes and Cucumbers
Boiled Rice with Butter
Sliced Peaches

Meat En Casserole
Baked Sweet Potatoes
Bread Pudding

Baked Beans with Bacon
Stewed Tomatoes
Apple and Celery Salad
Coffee

Just because our North American grandmothers did not eat soybeans or bean sprouts does not mean

these foods are a new invention. The Chinese were eating soybeans when Christ was born. We are fortunate enough to benefit from the traditions of many cultures. Most good ideas with food are just that—someone's tradition. Try your own. Then branch out to Russian Borsch (p. 207), Garden Vegetable Curry (p. 133), or Navajo Fry Bread (p. 83).

Every Time I Make This It Turns Out Different

While testing the recipes for this book, I realized for the first time that either in spite of or because of proper home economics training, I have trouble following a recipe exactly. I am a chronic recipe improver. But this is what makes cooking a joy!

Recipes are not sacred canon. They exist only to lure us into the kitchen. The real recipe writing begins when I check what is in our own cupboards, how much time I have, what we are prepared to spend, what we feel is responsible, and what we like. Substituting what I have on hand for a missing ingredient not only is more economical, but far more creative than running to the store. Great recipes are born this way.

Find a clever way to use what you have in cheap abundance rather than demanding variety while things go to waste. Doris Hammon, a former Mennonite Central Committee worker, wrote: "After World War II, I was sent to the Waldensian Valleys in Europe. Food was scarce and expensive, but they had a good crop of chestnuts. And chestnuts are filling." Doris sent in recipes for chestnuts roasted, boiled, glacéd, in soup, stuffing, and mashed into a fabulous dessert called Monte Bianca. Simple does not have to be plain.

Learn to handle basic foods and you can cook creatively with the plainest ingredients. A good cook knows you do not tamper with the structure of a soufflé, but varying the herbs or variety of cheese is your privilege. You measure accurately to get a light cake. But you can make a stew when the measuring cup is lost.

Many letters received for this book were from people who write their own cookbooks. A few I could not bear to standardize. They show how creative, responsible cooks operate. Here they are as I received them:

Garden Stew

I start with one pound of hamburger and one large onion fried in a little oil. Then I add five large tomatoes cut up, salt and pepper. After that, anything in the garden goes in. One great stew this summer had thirteen vegetables in it. First to go in can be a combination of coarsely shredded cabbage, sliced carrots, diced celery, corn, finely diced green or red peppers, any kind of beans, and diced potatoes.

The last fifteen minutes these can go in (they should not cook so long that they get mushy): cubed eggplant, zucchini squash, a few okra pods, brussel sprouts, broccoli, and cauliflower.

Last I check the seasoning, add some herbs and more water if I want a thin stew. I consider it one of my more creative dishes, dependent on the state of the garden.

—Helen Alderfer, Scottdale, Pa.

Chicken and Noodles

In our community the farmers who sell hatching eggs must clear their barns of one-to-two-year-old fat hens. They could be bought for forty cents this fall, so I bought ten of them. Many had partially formed eggs which can be used for making noodles. The following nutritious dish can be made very economically.

Cook hen with water to cover. For seasoning use one medium onion, some parsley, salt and pepper. Cool. Skim off fat. Bone the chicken.

Make noodles with one teaspoon salt, two eggs, and enough flour to make a stiff dough. Boil in salted water for five to seven minutes. Strain. Put noodles in with chicken and broth. Heat thoroughly. Cooking for a while improves flavor.

If you have gotten a hold of an old, tough bird, you can use the pressure cooker. But a fat hen gives better flavor.

—Mrs. Darrell Unruh,
Hillsboro, Kan.

Nameless Soybeans

Soak a cup or so of dried green soybeans overnight in about two cups water. In the morning put on slow heat. We use a "crock pot." After lunch fry one-fourth to one-third pound of hamburger with one egg and several handfuls of soybean meat extender. For added flavor add half a chopped onion, or a handful of dried onion flakes. When fried, drain grease, add soybeans, and one-half teaspoon pepper, basil to taste, and a small amount of salt. Douse liberally with soy sauce. This also adds salt. I once grabbed Worcestershire sauce by accident, but it added to the flavor also.

We finished off a box of Uncle Ben's rice by adding it with water to the above. Adding one-half cup of precooked brown rice would complete a fairly tasty dish, which I haven't yet named. Feeds four to six people, depending on how hungry you are.

—Ken Gingerich, Akron, Pa.

Glazed Apples and Frankfurters

I am an old Mennonite

grandmother who cooks with a pinch of this and a pinch of that. All measurements are according to taste. First I prepare a large fry pan full of cored and sliced apples with peelings left on. Then I slice about one pound of wieners in circles and spread them amongst the apples. Over this I pour about half a cup of either white or brown syrup, and sprinkle on half a cup of white or brown sugar. Then I fry until well glazed, stirring often with one stick of oleo in the bottom of the mixture.

This makes a delightful main dish, very nutritious and good enough for company. It uses economical meat, too. I serve it often to my farmer men, and they like it.

—Hilda Harms,
Whitewater, Kan.

Where Do You Find the Time?

"A simpler, more responsible style of eating, going back to basic foods, will take time—something I just don't have," one person told me. "I'm not going to spend hours in the kitchen the way Grandma did."

The increased use of convenience foods, and the increasing number of women working outside their homes have gone hand in hand. Breakfasts when everyone is rushed to get to school or job preclude more than pouring milk on dry cereal. Mothers help children out the door with lunches and library books in hand, while getting themselves ready as well. They have little mental energy left to decide what to thaw for dinner. Too often the solution is a late-afternoon stop at the supermarket for something fast and convenient.

All this is not to say that women should stay at home. Housework can be shared. But if every member of a household leaves for the day, we need to plan specifically if we wish

to maintain a responsible, nutritious eating style.

Superconvenience makes it hard to protect God's created world. Time is needed to prepare food for every household. Otherwise people rely on expensive foods produced through systems that waste and pollute.

During the months spent compiling this book, I worked six to ten hours daily in my office. I needed to develop time-saving cooking habits, and yet was deeply concerned that I cook responsibly. From this experience and the shared insights of other busy cooks, I offer these suggestions:

1. Share cooking and clean-up tasks within the household. No one person can do it alone while maintaining a working day elsewhere.

2. Community or close-proximity living styles offer further possibilities for shared cooking. Two families we know share a large house. One couple is responsible for meals on week nights while the other cooks on weekends. They also alternate dishwashing responsibilities.

3. Morning can be the most hectic time. If there are no outdoor chores, father and an older child might make breakfast while mother packs lunches and helps younger children get dressed. When nutritious bread and quick-cooking cereal or granola are on hand, good breakfasts are fast.

4. Simplify the menus. Make fewer dishes but larger quantities. If the family eats bedtime snacks anyway, omit desserts. One household eats desserts only on weekends.

5. Plan menus a week at a time. In the morning you can do a few things to prepare for dinner and lose no time wondering what to fix.

6. To cut down on weekly shopping time, buy in quantity staples that do not spoil. (See Chapter 3, p. 40).

7. Organize a cook-bake-freeze system. Make double or triple amounts of main dishes and baked goods on weekends. Refrigerate or freeze extra quantities in oven-proof dishes for week night dinners. If frozen, remove dish from freezer in the morning, and place in oven. Set timer to heat for dinner.

8. Bake five to six loaves of bread on the weekend and freeze. Or, using refrigerator bread recipe, mix dough one evening and bake the next.

9. Make large batches of granola for ever-ready breakfasts, lunches, and snacks.

10. To use soybeans or other legumes, soak and cook large amounts. Freeze in small containers or keep in refrigerator for quick use throughout the week.

11. Freeze meat in small amounts so it can easily be chopped and stir-fried Chinese-style with vegetables.

In the recipe section, recipes which have special time-saving advantages are identified with TS.

But Won't All That Bread Make Me Fat?

Getting more with less means eating joyfully. We can release resources for the hungry. We can gain more nutrients for ourselves. We can get more for our food dollars, and eat with more creative expression and good taste. But the joy will quickly fade if we gain weight.

This is what protein-conscious dieters fear when they hear phrases like "more bread and beans!" Popular diet plans say eating more protein will burn up fat, and that lowly carbohydrate-rich foods like bread, beans, and rice are no-nos for people trying to stay slim. But Chapter 1 pointed out that North Americans already eat more protein

than needed, and still obesity is a national health problem.

A more responsible eating pattern will actually help people control their weight. A diet emphasizing more whole grains, beans, and vegetables does not have to be high in calories. Because of the things it de-emphasizes, such as high-fat animal proteins, sugars, empty processed foods, and overeating in general, it can help people lose weight. Often we turn up our noses at basic foods, but accept substitutes that are even more caloric.

We can begin by eating more moderately of all foods. This is easy to say but hard to do. In our society self-discipline is out of style, and advertising encourages us to satiate every desire. Change requires motivation and commitment. "The fat is in our head and the cure is in our soul," says Charlie Shedd, author of an inspirational book for weight-watchers, *The Fat Is in Your Head*.

Cut the intake of nutrition-empty sweets and processed foods. This includes soft drinks, candy, potato chips, sweetened dry cereals, commercially baked cookies, snack cakes, and rolls. These foods are empty of nutrients except calories. Even commercial puddings and ice cream are full of sugar and high-calorie fillers.

We can choose lower calorie protein foods to fill protein requirements. Among meats, poultry and seafood have roughly half the calories that beef, pork, and lamb have per gram of protein. Soybeans contain fewer calories than common white beans, per gram of protein. The comparison follows for nonfat and whole milk, cottage cheese and hard cheese. See Table C on p. 34.

I Need a Simpler Way To Serve Guests

Eating with joy is eating together. Jesus hallowed the common meal when He broke bread, shared wine,

and said, "This do in remembrance of me." It was at mealtime that He revealed Himself as risen Lord to the two from Emmaus. He invites us to join the consummation feast, the marriage supper of the Lamb. Let us eat together in His name.

But the word *entertaining* has crept into our guest-meal vocabulary. Mennonites used to just "have you over for dinner." Now people speak as though they are about to stage a show.

What does more with less mean in a guest meal? We want more real meeting of persons, more warmth, more relaxation to enjoy guests. Sometimes we want to give our guests a homemade, personalized gift—a beautifully cooked meal—just because we love them. All this with less time and cheaper food. Can it be done?

My solution has been to focus on one nutritious, cheap, but interesting dish. I put out a few simple foods to complement it. This gives the meal a theme and builds around it. Keeping the menu simple is still the best way to make guest meals less demanding and more enjoyable.

Following are ideas collected in my kitchen and from letters received for this book. I find that guests, including children, particularly enjoy "build-your-own" meals. A relaxed spirit takes over as everyone participates. Not all the variations listed here should be offered at a single meal. Choose from what is on hand.

● Bread Meal

Theme:

- loaves of fresh homemade bread served on boards

Variations:

- butter, cheese, soybean spread, peanut butter, apple butter and cottage cheese, lettuce, tomatoes, onions, pickles, sprouts, other raw vegetables
- hot or cold drink according to season

More with less:

- guests slice and spread their own
- leftovers reusable
- inexpensive, nutritious

● Salad Meal

Theme:

- big bowl of mixed greens

Variations:

- small bowls of chopped hard-cooked eggs, marinated soy or garbanzo beans, tomatoes, slivered meats, cheeses, onions, raw vegetables, peanuts, roasted sunflower seeds, croutons
- homemade salad dressings
- breads, muffins, biscuits, breadsticks

More with less:

- guests build their own salads in bowls
- make ahead and chill
- leftovers reusable
- inexpensive for gardeners
- no cooking on a hot day

● Waffle or Pancake Meal

Theme:

- basic batter

Variations:

- add to batter berries, nuts, bacon bits, cheese
- eat with syrup, honey, fruit sauce, peanut butter and syrup, creamed meat or vegetable, thin pudding, yogurt, ice cream

More with less:

- spouse or older child in charge of baking
- make batter ahead

● Casserole Meal

Theme:

- any baked main dish

Variations:

- vegetables, salads, breads, fruits

More with less:

- make ahead
- use inexpensive ingredients

● Slow Cooker Combination Meal

Theme:

- meat, vegetables, grains, legumes layered in crock pot

Variations:

- raw vegetables, salads, breads, fruits, desserts

More with less:

- prepare meal early in the day
- conserve fuel

● Granola Meal

Theme:

- big batch of granola

Variations:

- fruits, yogurt, ice cream

More with less:

- all made ahead
- no cooking on a hot day

● Vegetable Dish Meal

Theme:

— filling vegetable main dish
(See recipes for Gado-Gado, p. 240, Garden Stew, p. 46, Zucchini Skillet Supper, p. 236.)

Variations:

— breads, fruits

More with less:

— use homegrown vegetables in season, or home preserved
— high in nutrients, low in cost

● Soup Meal

Theme One:

— filling, thick soup

Variations:

— raw vegetables, breads, fruits, desserts

More with less:

— make ahead and keep hot
— perfect in cold weather
— good reheated

Theme Two:

(inspired by Indonesian chicken soup):

— pot of hot broth with dipper, centered on table (serve in cooking pot or appliance to keep hot)

Variations:

— bowls of hot rice, hot noodles, chopped cooked meat, chopped green onions, chopped greens, sprouts, soy sauce, hot peppers

More with less:

— guests build their own soup in bowls (Fill bowl with other ingredients first, then ladle hot broth over all.)

● Rice Meal

Theme:

— steamed or fried rice

Variations:

— meat and vegetables stir-fried, curry, dhal, or hot chili beans
— raw chopped vegetables, tomatoes, greens, hard-cooked eggs, peanuts, seeds, raisins, coconuts, chutneys, soy sauce, fruits

More with less:

— eat lots of rice, a little meat
— stretch meat with vegetables and spices

● Ice-Cream Meal

Theme:

— homemade ice cream

Variations:

— fruits, sweet sauces, granola, cookies, cakes, small sandwiches, nuts and seeds, crackers, pretzels

More with less:

— volunteers will hand-crank
— good celebration for hot day

Note:

Ice cream is not a suitable food on which to base frequent meals because of sugar and fat content. But for those with a cheap source of dairy products, it makes a good celebration. Why not let it be the meal instead of adding its calories to already satisfied stomachs?

Using the Recipes

1.

T.S indicates a recipe which has time-saving advantages for busy cooks.

2.

Certain recipes call for ingredients which are cheap in one community but expensive in another. As the cook, you must make final choices about economy, depending on what is available. If possible, omit a locally expensive ingredient or use a substitute.

3.

Recipes, with a few exceptions, do not call for convenience products. In some cases you may feel their use is justified. For example, when a recipe calls for cloves of garlic, garlic salt may be used with similar results, except in stir-fried Chinese dishes. Such options could not all be given because of limited space. Experience teaches a careful cook when and how to substitute.

4.

All measurements are level and standard measuring utensils must be used.



Many recipes have grains, legumes, and dairy products in amounts significant enough to produce, in combination, complete protein. See the charts in the colored section for detailed information concerning complementary proteins.



yeast and quick breads

"Here's a new menu idea at our house—bake bread, and you've got a meal!" writes Marian Franz, Washington, D.C.

Home bread-baking is returning to popularity. Creative enjoyment and the real quality of the product are the first reasons people give for baking. The time spent becomes more of a lark than a chore.

Health-wise there are good reasons for baking bread. Increasingly, nutritionists are questioning the effects of eating year after year bread baked with over 25 different chemicals used to retard spoilage or simplify the manufacturing process. Further, they are asking whether the U.S. and Canadian practice of enriching, or putting back synthetically the vitamins and minerals lost in processing, really works. Initial reports of a recent Canadian nutrition survey show about half the population with thiamine intake below recommended levels and moderate deficiency for a substantial number of adults. These people eat thiamine-enriched bread.¹

Home-baked bread with whole-grain flours and bran adds fiber lacking in North American diets. Specialists in diseases of the digestive tract writing in the *Journal of the American Medical Association* say many of the diseases of Western civilization have appeared only in the past century and are caused, at least in part, by removal of fiber from flour and cereal. Fiber has no calories or

nutritional value, but is needed for bulk and for its effect on chemical and bacterial processes in the intestine.²

My cost calculations for whole wheat bread show that when you purchase flour and yeast in bulk, when you use dry milk, and when you bake three to four loaves at once to conserve heat, homemade bread costs about half as much as commercially baked bread. In terms of taste appeal, nutritional value, and creative experience the home-baked product is worth more than its dollar-and-cents value.

Baking bread, like all other worthwhile activities, takes time and a certain amount of practice. For large families, it may not be possible to bake all the bread at home. The saving factor is four or five loaves baked at once and a freezer for storing them. Bread dough can also be mixed one day and baked the next. See p. 56.

Baking Yeast Bread

Essential Equipment:

- Large metal or glass bowl
- Measuring utensils
- Wooden stirring spoon
- Large wooden board or durable surface set at comfortable height for kneading
- Bread pans or casserole dishes for baking

Ingredients: Yeast

- Cheaper purchased in jar or can; divide with a friend
- 1 T. dry yeast is equivalent to 1 package.

- Store in refrigerator, tightly covered.
- Dissolve first in lukewarm water with pinch of sugar for speedy rising.
- Needs *warm* liquid (120-130°) for quick rising, but *hot* liquid kills it.

Liquids

- Use warm water, milk, potato or other vegetable water, or whey from making cheese.
- Scald and cool raw (unpasteurized) milk before using.
- Substitute water for milk and add dry milk powder with flour.

Sweeteners

- Use sugar, brown sugar, honey, or molasses interchangeably in most recipes.

Fat

- Yeast breads need only small amounts—use lard, shortening, oil, margarine, fresh meat drippings, or rendered chicken fat.

White flour

- Flour from hard winter wheat, sometimes called Western or Occident flour, works best.
- Unbleached flour is satisfactory.
- Most recipes call for $\frac{1}{3}$ to $\frac{1}{2}$ white flour for light texture.

Whole wheat or graham flour

- Look for straight-run whole wheat flour directly from mills.
- Hand or electric grinders are available for home use.
- Use up to $\frac{1}{2}$ whole wheat flour in any baked product.
- Some heavier but delicious breads are made with all whole wheat.
- Store whole wheat flour in refrigerator or freezer in hot weather.

Soy flour

- Sold as low-fat or full-fat soy flour; interchangeable in recipes.

- Has 40-60 grams high-quality protein per cup.

— More expensive per pound than wheat flour, but one of the cheapest *protein sources* currently available (see Table D, p. 36.)

- Contains no gluten to hold gas produced by yeast; cannot be used alone to bake bread.

— Excellent for adding protein to any baked product; for each cup replace 2-4 tablespoons other flour with soy flour.

- Add to soups, stews, casseroles, hot cereals, loaves, and patties to raise protein content.

Other flours: rye, rye graham, buckwheat, corn, millet, oat

- Combine with wheat flour in breads.

— Millet, rolled oats, and wheat can be whirled in a blender to produce flours.

Wheat germ

- Buy raw or untoasted from mill or health food store; toasted is available in supermarkets at higher price. Avoid sweetened wheat germ.

— Add to baked goods to increase protein, vitamins, and minerals.

Processes:

1. Dissolve yeast in warm water with pinch of sugar. Some recipes now omit this step and combine yeast with flours.

2. Making a sponge: Most recipes omit this step but many experienced bakers still believe in it. Mix liquid, dissolved yeast, sugar, and about half the flour to a smooth batter; beat well. Allow to rise until light and bubbly. Stir down and add salt, fat, and remaining flour; proceed with kneading.

3. How much flour? Since flours vary in moisture content, experience alone tells exactly how much flour you need. Dough will be sticky at first, but as kneading progresses, add just enough flour so dough no longer sticks to hands and board.

4. To knead: Fold dough over toward you, press down with heel of hand, give a slight turn, fold over, and press again. Dust board lightly with flour as needed, and repeat process until dough is smooth, satiny, and no longer sticky.

5. Rising: Place dough in greased bowl, flop over once to grease top surface, cover with clean cloth and allow to rise at 75-80° if possible. To speed the rising process in a cool kitchen, put stopper in the sink and fill with several inches very hot water. Place an empty bowl upside down in the sink and set bowl with dough on top of empty bowl just so that bowl with dough does not touch hot water. Cover dough and entire sink with large tea towel to hold steam in. Allow dough to rise this way about 1 hour, but punch down and turn after 20-30 minutes. Allow dough to rise only until doubled in bulk before punching down or coarse, dry bread may result.

6. Forming loaves: Roll or press out each piece of dough into a rectangle, about 9x12" for a 9x5" bread pan. From 9" edge, roll up tightly and place in greased pan with seam down and ends tucked under if necessary to fit into pan. Bake bread in any oven-proof utensil—coffee cans, casseroles, round cake pans, etc. Cover with cloth and allow to rise again until doubled.

7. Baking and cooling: For a shiny crust, just before baking brush carefully with beaten egg mixed with a little water; sprinkle with sesame or poppy seed if desired. See recipe instructions for baking.

Bread is done when it shrinks from the side of the pan, looks nicely browned, and sounds hollow when you tap the bottom of a loaf. Experience tells. Remove from pans immediately and brush with margarine for a soft crust.

To mix now, bake later

— Any yeast dough containing at least 1 T. sugar per cup of flour can be refrigerated up to 3 days. Immediately after kneading, grease top of dough and cover with waxed paper or plastic, then a damp cloth. Refrigerate until ready to use. Punch down occasionally as necessary. About 2 hours before baking, remove dough from refrigerator, shape into rolls or loaf, and let rise until doubled (1½ to 2 hours for cold dough). Bake as directed.

— White or whole wheat bread dough with less sugar can be refrigerated 2 to 24 hours. After dough is put in the pans, brush with oil and cover with plastic. Refrigerate until ready to bake. Preheat oven. Uncover dough carefully, and let stand at room temperature 10 minutes. Puncture any gas bubbles with greased toothpick. Bake as directed.

— Sunday dinner hint: Make rolls according to favorite recipe and put on pans. Cover and freeze immediately. When you leave for church, remove rolls from freezer and leave at room temperature. When you return they will have risen and be ready to bake (takes about 3 hours). Fresh rolls for dinner! Do not freeze longer than 3 weeks.

—Mary Kathryn Yoder,
Garden City, Mo.

Notes

1.

Ross Hall, "Nutrition: An Ailing Science," *Atlas World Press Review*, Vol. 22, No. 2, February, 1975, p. 24.

2.

D. P. Burkitt, A. R. P. Walker, and N. S. Painter, "Dietary Fiber and Disease," *Journal of the American Medical Association*, Vol. 229, No. 8, Aug. 19, 1974, p. 1071.

▼ Yeast Breads

Flours vary widely in moisture content. A good practice with any kneaded bread is to reserve the last cup to add as necessary, a little at a time, during kneading.

.....

Honey Whole Wheat Bread

Makes 2 loaves

375°

40-45 min.

Combine in mixer bowl:

3 c. whole wheat flour

½ c. nonfat dry milk

1 T. salt

2 pkg. dry yeast

Heat in saucepan until warm:

3 c. water or potato water

½ c. honey

2 T. oil

Pour warm (not hot) liquid over flour mixture. Beat with electric mixer 3 minutes. Stir in:

1 additional c. whole wheat flour

4-4½ c. white flour

Knead 5 minutes, using additional white flour if necessary. Place in greased bowl, turn, let rise until double in bulk. Punch down, divide dough in half and shape into loaves. Place in greased 9x5" bread pans. Cover and let rise 40-45 minutes. Bake at 375° for 40-45 minutes.

Options:

Replace 1 c. whole wheat flour with soy flour.

Add ¼ c. wheat germ.

Bonnie Zook, Leola, Pa.

Bob Friesen, Fresno, Calif.

.....

High Protein Whole Wheat Bread

Makes 2 loaves

375°

35 min.

Dissolve:

2 pkg. dry yeast in

½ c. warm water

1 t. sugar

Warm in a saucepan to 130°:

1 c. water

1 c. milk

3 T. sugar

2 T. margarine

1 T. salt

Pour into large mixer bowl. Add:

yeast mixture

⅔ c. dry milk powder

⅓ c. soy flour

3 T. wheat germ

1½ c. whole wheat flour

1 c. white flour

Beat at medium speed 3 minutes. By hand stir in:

1½ c. whole wheat flour

1 c. white flour

Turn out onto floured board and knead 10 minutes, using:

1 additional c. white flour

Let rise until doubled. Punch down and knead briefly. Let rest 10 minutes. Divide dough and place in two 9x5" greased loaf pans. Let rise until almost doubled. Brush with beaten egg and sprinkle with sesame seeds. Bake at 375° for 35 minutes.

Jean Miller, Akron, Pa.

*A light bread
with a lovely blend
of flavors.*

.....

Easy No-Knead Whole Wheat Bread

T·S

Makes 2 loaves

375°

35-40 min.

Combine in large mixer bowl:

3 c. whole wheat flour

½ c. sugar

2 T. salt

3 pkg. dry yeast

Heat in saucepan until very warm
(120-130°):

2 c. water

2 c. milk

½ c. oil

Add to dry ingredients:

warmed liquids

2 eggs

Blend at low speed until moistened. Beat
3 minutes at medium speed. Stir in by
hand:

5-6 c. white flour

Use enough flour to form a stiff batter.
Cover and let rise until double. Stir down
and spoon into 2 greased 9x5" bread
pans. Let rise 20-30 minutes. Bake at
375° for 35-40 minutes.

Elsie Dyck, Akron, Pa.

.....

Pilgrim's Bread

Makes 2 loaves

375°

45 min.

Combine in a bowl:

½ c. yellow cornmeal

⅓ c. brown sugar

1 T. salt

Stir gradually into:

2 c. boiling water

Add:

¼ c. oil

Cool to lukewarm.

Dissolve:

2 pkg. dry yeast in

½ c. warm water

Add yeast to cornmeal mixture.

Beat in:

¾ c. whole wheat flour

½ c. rye flour

By hand stir in:

4¼-4½ c. unbleached white flour

Turn onto lightly floured surface. Knead
until smooth and elastic. Place in a
lightly greased bowl, turning once to
grease surface. Cover and let rise in
warm place until double. Punch dough
down; turn out onto lightly floured
surface. Divide in half and knead a
second time for 3 minutes. Shape dough
into 2 loaves and place in greased pans.
Cover and let rise again in warm place
until double in bulk. Bake at 375° about
45 minutes.

Ruth B. Hess, Akron, Pa.

*Be gentle
when you touch bread.
Let it not lie
uncared for, unwanted.
So often bread
is taken for granted.*

*There is so much beauty
in bread—
Beauty of sun and soil,
Beauty of patient toil.
Winds and rains have caressed it,
Christ often blessed it.
Be gentle
when you touch bread.
—Author unknown*

.....

**Ruggenbrot
(Rye Bread)**

Makes 2 loaves

350°

35-40 min.

Dissolve in large bowl:

- 1 pkg. dry yeast in**
- 1 c. warm water**

Add:

- 1 c. scalded milk, cooled**
- 1 T. salt**
- 2 T. melted fat or oil**
- 2 T. molasses or brown sugar**
- 2 c. fine rye flour**

Beat until smooth. Slowly blend in:

- 4½ c. white flour**

Turn dough onto floured surface. Knead 5-10 minutes. Let rest 20 minutes. Punch down and divide dough into 2 equal portions; shape into loaves. Place in greased bread pans, cover and let rise until double. Bake at 350° for 35-40 minutes. Butter tops after removing from oven.

Lena Schmidt, Newton, Kan.

.....

**Heidelberg
Rye Bread**

Makes 2 loaves

400°

25-30 min.

Combine in large mixer bowl:

- 3 c. flour**
- 2 pkg. dry yeast**
- ¼ c. cocoa**
- 1 T. caraway seeds (optional)**

Heat in a saucepan until warm (120°):

- 2 c. water**
- ½ c. molasses**
- 2 T. margarine**
- 1 t. sugar**
- 1 t. salt**

Add to dry mixture in mixer bowl, beating at low speed ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed.

Stir in by hand:

- 3-3½ c. rye flour**

Turn onto floured surface; knead until smooth, about 5 minutes. Cover; let rest 20 minutes. Punch dough down; divide in half. Shape each half into a round loaf; place on greased baking sheets or 8" pie plates. Brush surface of loaves with a little oil and slash with sharp knife. Let rise until double, 45-60 minutes. Bake at 400° for 25-30 minutes.

Kathy Hostetler, Akron, Pa.

*Oatmeal bread
makes delicious
toast.*

Three-Flour Bread

Makes 3 loaves

450°/350°

25-30 min.

Dissolve in large bowl:

2 pkg. dry yeast in

1 c. warm water

Stir in:

1 T. salt

¼ c. vegetable oil

¼ c. honey or molasses

3 c. warm water

Mix in:

1 c. dry milk powder

1 c. rye flour

¼ c. soy flour

¼ c. wheat germ

4 c. whole wheat or graham flour

5 or more cups white flour

Turn out on floured surface and knead until smooth, adding more flour if needed. Place in greased bowl, turning once. Cover and put in warm place to rise until doubled, about 2 hours. Turn out onto floured surface, knead, and place in 3 greased 9x5" pans. Let rise until almost double; place in cold oven and set at 450° for 10 minutes. Turn down to 350° and bake 25-30 minutes.

Marcia Beachy, DeKalb, Ill.

Rosemary Moyer, North Newton, Kan.

Oatmeal Bread

Makes 2 loaves

350°

30-40 min.

Combine in large bowl:

1 c. quick oats

½ c. whole wheat flour

½ c. brown sugar

1 T. salt

2 T. margarine

Pour over:

2 c. boiling water

Stir in to combine.

Dissolve:

1 pkg. dry yeast in

½ c. warm water

When batter is cooled to lukewarm, add yeast.

Stir in:

5 c. white flour

When dough is stiff enough to handle, turn onto floured board and knead 5-10 minutes. Place in greased bowl, cover, and let rise until doubled. Punch down and let rise again. Shape into 2 loaves and place in greased 9x5x3" pans. Bake at 350° for 30-40 minutes. Cool on rack, brushing loaves with margarine for a soft crust.

Ella Rohrer, Orrville, Ohio

Carol Ann Maust, Upland, Calif.

*Deliciously
fragrant and moist;
slice and serve warm
with bean soup.*

.....
**Cornmeal
Yeast Bread**

Makes 2 loaves

350°

30-45 min.

Dissolve:

**2 pkg. dry yeast in
½ c. lukewarm water**

Combine in mixing bowl:

**½ c. sugar
1½ t. salt
½ c. butter or margarine**

Pour over:

¾ c. milk, scalded

Cool to lukewarm. Stir in:

**1 egg
1 c. white flour
¾ c. cornmeal
yeast mixture**

Beat well. Stir in enough additional flour
to make a soft dough:

3-3½ c. flour

Turn dough onto lightly floured board
and knead until satiny, about 10 minutes.
Place dough in greased bowl; cover and
let rise in warm place until double in size,
about 1 hour. Punch dough down. Divide
in half and place in 2 greased 8" loaf
pans. Brush with melted margarine.
Cover and let rise in warm place until
nearly double, about 45 minutes. Bake at
350° for 30-45 minutes or until golden
brown.

Kathy Hostetler, Akron, Pa.

.....
**Round-Loaf
Herb Bread**

Makes 2 loaves

350°

45 min.

Dissolve:

**2 pkg. dry yeast in
½ c. warm water**

Sauté in small skillet until onion is
tender:

**3 T. cooking oil
½ c. chopped onion**

Combine in mixer bowl:

**sautéed onion
1½ c. evaporated milk (1 can)
OR 1½ c. milk plus ½ c. nonfat
dry milk powder**

**½ c. chopped parsley
3 T. sugar**

**1 t. salt
½ t. dried dillweed**

¼ t. thyme

Beat in:

**yeast mixture
1 c. cornmeal
2 c. whole wheat flour**

Stir in by hand:

2½ c. additional whole wheat flour

Turn out on lightly floured surface. Knead
5 minutes. Place in greased bowl,
turning once to grease surface. Cover
and let rise till double, about 1 hour.
Punch down; divide in half. Place in 2
well-greased 1-pound coffee cans.
Cover and let rise until double, 30-45
minutes. Bake at 350° for 45 minutes,
covering loosely with foil if bread
becomes too brown.

Author's Recipe

Yeast and Quick Bread Discoveries



When mixing baked goods, put in the bottom of each cup of flour called for:

1 T. soy flour

1 T. dry milk solids

1 T. wheat germ

Fill cup with flour and proceed with recipe. OR, when pouring 5 pounds of flour into kitchen canister stir in 1½ c. of each of the three enriching ingredients.

*—Jean Liechty Jordan,
Goshen, Ind.*

.....
Pinto Bean Bread

Makes 2 loaves

350°

50 min.

Blend in large bowl:

2 c. scalded milk, cooled to lukewarm

2 pkg. dry yeast

Add:

2 c. cooked, mashed, unseasoned pinto beans

2 T. sugar

2 t. salt

2 T. shortening

Stir in:

5-6 c. flour

Add enough flour to handle dough easily. Turn onto floured board and knead until smooth and elastic. Place in greased bowl, turning once. Cover and let rise in warm place until double in size, about 1 hour. Punch down, cover, let rise again until almost double. Divide dough into two portions and shape into loaves. Place in greased pans; cover, let rise until almost double in bulk, about 45 minutes. Bake at 350° about 50 minutes.

Elaine Schmidt, Greeley, Colo.

.....
Dill Bread

Makes 1 loaf

350°

30 min.

Dissolve:

1 pkg. yeast in

¼ c. warm water

Combine in mixing bowl:

1 c. cottage cheese

2 t. dill seed

2 t. salt

¼ t. soda

1 unbeaten egg

1 T. melted butter or margarine

½ T. minced onion

2 T. sugar

Add:

yeast mixture

2¼-2½ c. sifted flour

Stir well to combine. Let rise in greased bowl to double in size. Punch down. Put into two 7x3" or one 9x5" well-greased bread pans. Let rise again, about 45-50 minutes. Bake at 350° about 30 minutes. Remove from pans and brush with melted margarine.

Option:

For a finer grain, add enough additional flour to handle easily and knead 5-10 minutes.

*Selma Johnson, North Newton, Kan.
MCC Dining Hall, Akron, Pa.*

I ask a local mill to save clean middlings for me. Middlings are a byproduct of grinding white flour and are usually sold for animal feed. The mill sells it to me for eight cents a pound, and I use it for baking breads, cookies, and making gravy.
—Fern Hertzler, Amelia, Va.

Make hot dog buns from unsliced bread. Cut thick slices of bread, cut each slice in half, and make a slit for the hot dog.
—Gayle Gerber Koontz and Karen Harvey, Leola, Pa.

Commercial French bread is expensive. You can make 3 or 4 loaves for the price of purchasing one.

.....

Easy French Bread

Makes 2 loaves

400°

20 min.

Dissolve:

2 pkg. dry yeast in
½ c. warm water
½ t. sugar

Combine:

2 T. sugar
2 T. fat
2 t. salt
2 c. boiling water

Cool to lukewarm and add yeast mixture.

Stir in:

7½-8 c. flour

Knead 10 minutes, or until smooth and elastic. Place in greased bowl, turning once. Let rise until doubled. Punch down and let rest 15 minutes. Divide dough in half. On floured surface, roll each half to a 12x15" rectangle. Roll up, starting at 15" edge. Place loaves on greased cookie sheets and make 4 or 5 slashes diagonally across tops. Let rise until double.

Mix and brush on:

1 egg, beaten
2 T. milk

Sprinkle on, if desired:

poppy or sesame seeds

Bake at 400° for 20 minutes.

Ernestine Lehman, Akron, Pa.

.....

White Bread

Makes 4 loaves

350°

30-35 min.

Dissolve:

2 pkg. dry yeast in
½ c. warm water
1½ t. sugar

Combine in large mixer bowl:

½ c. sugar
1 T. salt
¼ c. lard or shortening
3 c. warm water
yeast mixture

Add:

5 c. flour

Beat with electric mixer 3 minutes.

Stir in by hand:

6 c. flour

Turn onto floured board and knead 5 minutes. Place in greased bowl, turning once, cover and let rise ½ hour. Punch down, turn over and let rise again until double. Knead a few minutes, then shape into 4 loaves and place in greased 9x5" loaf pans. Cover loaves with damp cloth and let rise until doubled. Bake at 350° for 30-35 minutes. Brush tops with margarine if desired.

Louetta Hurst, Lancaster, Pa.

We grind wheat in our blender. We put about 2 c. wheat in a glass quart jar (wheat might crack a plastic container), screw on the blender blades, and process at high speed about 4 minutes, or until all the wheat is ground up. Then we put it through a sifter or sieve. What goes through we use in baking bread; what doesn't we cook as breakfast cereal. We add raisins and eat the cereal with brown sugar. The fresh wheat flavor is wonderful!

—Martha and Walter Dyck,
Danvers, Ill.

This Christmas I baked special yeast breads instead of cookies to save sugar.

—Anna Mary Brubacher,
St. Jacobs, Ont.

For more nutritious cinnamon rolls I sprinkle the dough with wheat germ along with cinnamon and sugar.

—Pauline Wyse,
Mt. Pleasant, Iowa

Sweet rolls made with yeast dough are economical desserts or snacks because they do not contain as much sugar as cakes and cookies—and they still satisfy the sweet tooth.

—Elsie Epp, Marion, S.D.

Whole Wheat Rolls

Makes 4 doz. rolls

375°

20-25 min.

Dissolve:

2 pkg. dry yeast in
¾ c. lukewarm water

Combine in large bowl:

3 c. warm water
1 c. dry milk powder
½ c. soft shortening, margarine,
or oil
2 eggs
⅓ c. sugar
2 t. salt
yeast mixture

Have ready:

6 c. white flour
4 c. whole wheat flour

Add 5 c. flour and beat thoroughly, by hand or with electric mixer. Stir in an additional 3 c. flour. Turn dough onto floured board and use 2 more c. flour to knead until smooth and elastic. Let rise in greased bowl until doubled in bulk. Punch down and shape into dinner or cinnamon rolls. Let rise and bake 20-25 minutes at 375°.

MCC Dining Hall, Akron, Pa.

High-Protein Rolls

Makes 2 doz. rolls

350°

20-25 min.

Dissolve:

2 pkg. dry yeast in
½ c. lukewarm water

Heat until lukewarm:

2 c. cottage cheese

Combine in large bowl:

cottage cheese
¼ c. sugar
2 t. salt
½ t. baking soda
2 eggs, slightly beaten
yeast mixture

Gradually add:

4-4½ c. sifted flour

Turn onto floured board and knead 5 minutes. Put dough in a greased bowl, turning once. Let rise in warm place until doubled, about 1½ hours. Punch down. Turn dough onto lightly floured surface. Divide dough into 24 equal pieces and shape into balls. Place balls in two greased 9" baking pans. Bake at 350° for 20-25 minutes or until golden.

Option:

Replace 1-2 c. white flour with whole wheat flour.

Gladys Longacre, Susquehanna, Pa.

**Edna Byler, Mennonite Central
Committee's Akron hostess
through the early lean years,
is widely known for
baking classes she held
teaching this master recipe.
Products based on it
appear annually
at MCC Relief Sales.**

.....

**Edna Ruth Byler's
Potato Dough
Baked Goods**

100 doughnuts or rolls
375° deep fat/400° oven

Dissolve:

**3 pkg. dry yeast in
1 c. lukewarm water**

Mix in large bowl:

**1 qt. scalded milk
2 c. mashed potatoes (no milk
added)
1 c. fat (half butter, half margarine)
1 c. sugar**

Let cool to lukewarm, then add:

**yeast mixture
6 c. flour**

Let stand until mixture foams up (about
20 minutes).

Add:

**2 eggs, beaten
1 T. salt
11-12 c. additional flour**

A little more flour may be needed, but
dough should be soft. Turn out on floured
board and knead until satiny. Let raise in
warm place until doubled in bulk.

Doughnuts: Roll out dough, cut
doughnuts, place on trays and let raise
until not quite double. Fry in hot
shortening (375°). When drained and
while still hot dip in glaze mixture. Insert
a stick through holes and let a number of
doughnuts drain over glaze bowl until
next ones are ready to do.

Glaze:

Combine:

**1 lb. powdered sugar
1 T. margarine
1 t. vanilla
dash of mace
enough rich milk to make thin icing**

Cinnamon buns: Prepare a mixture of
butter and margarine and a mixture of
sugar, brown sugar, and cinnamon. Roll
a piece of dough to about 18x9". Spread
dough with butter mixture and sprinkle
over some of the sugar mixture. Roll up
the dough as for jelly roll. Cut 1½" chunks
and place in greased pans, pressing
down lightly on each chunk. Cover and
let raise in warm place until nearly
double. Bake at 400° for 15-20 minutes or
until browned. These may be iced with
doughnut glaze as soon as they are taken
from the oven.

Sticky buns: Handle dough same as for
cinnamon buns, except make a mixture
of brown and white sugar, cinnamon, and
a little white corn syrup and water.
Spread in bottom of heavily greased
pans with nuts, if desired, before putting
in rolls. Immediately after baking, invert
pans over trays and let syrup run down
before removing pans.

Dinner rolls: Shape dough as desired,
place on greased pans, and bake at 400°
starting on a lower rack and changing to
upper rack about halfway through for 15
minutes of baking time. Brush tops
lightly with butter to remove any floury
appearance.

Coffee cake: A good way to use all the
leftover bits of dough—put dough in
greased pan, dab or punch holes in it,
and spread leftover sugar, syrup, or
butter mixtures over. Let raise and bake
as for cinnamon buns.

To freeze: Let baked goods cool. Wrap or
place in large plastic bags and freeze
the same day.

Edna Ruth Byler, Akron, Pa.

*Traditional among
Prussian Mennonites
when guests come for
Sunday afternoon coffee.
"Blech" is a large
baking pan.*

Raised Coffee Cake (Blechkuchen)

Makes 2 large cakes

375°

20 min.

Scald and cool to lukewarm:

3 c. milk

Stir together to dissolve:

2 pkg. dry yeast

1 c. warm water

Combine in large bowl:

lukewarm milk

yeast mixture

1½ c. soft shortening or lard

½ c. sugar

4 t. salt

1 egg

6 c. flour

Beat well until dough is smooth and satiny.

Stir in:

1 c. raisins combined with

¾ c. flour

Cover and let rise in a warm place until doubled. With back of spoon spread dough thinly onto 2 greased 10x15" cookie sheets. Brush generously with melted margarine and sprinkle with sugar.

Bake 20 minutes at 375°.

Elsie Epp, Marion, S.D.

Brown Breadsticks

Makes 6 doz. breadsticks

325°

30 min.

Dissolve:

1 pkg. dry yeast in

1 c. warm water

Mix in large bowl:

1 c. melted shortening or oil

3 T. honey

2 t. salt

1 c. boiling water

When lukewarm, add:

2 beaten eggs

1 t. honey

dissolved yeast

Stir in gradually:

6 c. whole wheat flour

Mix well, but do not knead. Place in refrigerator to chill one hour or more. When chilled, break off pieces of dough with well-floured hands. Make into balls the size of a baseball, then roll the ball between hands to form a long roll. Divide each roll into 8 pieces and roll each pencil-thin. Place thin rolls on greased cookie sheets. Let rise until double in bulk. Bake at 325° until crisp, about 30 minutes. Serve plain or with dips.

Options:

Roll thin rolls into sesame or sunflower seeds, or sprinkle with garlic salt.

Add 1 c. shredded cheese when mixing dough.

LaVonne Platt, Newton, Kan.

.....

English Muffins

Makes 18 muffins

Heat in a saucepan until very warm (130°):

1½ c. milk

¼ c. margarine

In large mixer bowl, combine:

2 T. sugar

1 t. salt

1 pkg. dry yeast

1½ c. flour

With mixer at low speed, gradually beat liquid into dry ingredients. Increase speed and beat 2 minutes, or beat vigorously by hand.

Beat in:

1 egg

1 c. flour

With spoon, add:

2 c. flour, or enough to make stiff dough

Turn dough onto lightly floured surface and knead just until well mixed, about 2 minutes. Shape dough into a ball and place in greased large bowl, turning once. Cover; let rise in warm place until doubled, about 1½ hours. Punch down. Turn onto lightly floured surface; cover with bowl 15 minutes, and let dough rest. Meanwhile, place cornmeal in a pie plate. Roll dough about ⅜" thick. Cut dough into 3" circles; reroll scraps to make 18 circles in all. Dip both sides of each circle in cornmeal; place circles on cookie sheets. Cover and let rise in warm place until doubled, about 45 minutes. Brush large skillet with salad oil and heat. When medium hot, put in 6 muffins, cook 8 minutes on each side or until brown. Repeat until all are cooked. To serve, split muffins horizontally with tines of fork and toast.



▼ Quick Breads

.....

Master Baking Mix

T-S

Makes 8 or 4 lbs.

8 lbs. 4 lbs.

Sift together 3 times:

5 lbs. 10 c. flour
¾ c. 6 T. baking powder
3 T. 1½ T. salt
1 T. 1½ t. cream of tartar
½ c. ¼ c. sugar

Cut in to consistency of
cornmeal:

2 lbs. 2 c. vegetable shortening

Stir in:

4 c. 2 c. dry milk powder

Store in covered container at room
temperature. To measure baking mix,
pile lightly into a cup and level off with
spatula.

Options:

Replace ⅓ of the white flour with whole
wheat flour.

Add 2 c. untoasted wheat germ to large
recipe, 1 c. to small recipe.

Replace 3 c. flour in large recipe or 1½ c.
flour in small recipe with soy flour.

Dry milk powder in the mix is optional,
but assures higher protein products.

*June Suderman, Hillsboro, Kan.
Roberta Kreider, Osceola, Ind.*

▼ Recipes for Master Baking Mix

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Corn Bread

Serves 8

400°

20-25 min.

Preheat oven to 400°.

Stir together in a bowl:

1½ c. Master Mix
2 T. sugar
½ t. salt
¾ c. cornmeal
1 t. chili powder (optional)

Combine in a separate bowl:

1 egg
¾ c. milk
1 c. cream-style corn

Stir liquids into dry ingredients just until
flour is all moistened. Pour into greased
9" square pan and bake 20-25 minutes.

Options:

Add ¼ c. chopped green pepper.

For crunchy topping, sprinkle on ½ c.
grated cheese and 2 T. sesame seed
before baking.

Add ¼ c. bran.

.....

Pancakes or Waffles

Serves 4

Beat together in a bowl:

1 c. milk
1 egg

Stir in:

1½ c. Master Mix

Bake on hot griddle or waffle iron. For
lighter waffles, separate egg; add yolk
with milk. Beat egg white until stiff and
fold into batter just before baking.
Increase milk for thinner batter if desired.

.....

Biscuits

Makes 8 biscuits

450°

10 min.

Preheat oven to 450°.

Combine in bowl:

1½ c. Master Mix

⅓ c. milk

Add milk all at once, stirring 25 strokes. Knead lightly on floured board. Roll ½" thick, cut, and place on ungreased baking sheet. Bake 10 minutes.

Options:

Add grated cheese, chopped herbs.

Increase milk to ½ c. for drop biscuits.

Use as topping on casseroles, cobblers, meat and vegetable pies, or wherever biscuit dough is called for.

.....

Coffee Cake

Serves 6

375°

25 min.

Preheat oven to 375°.

Beat together in a bowl:

⅓ c. milk

1 egg

Add:

¼ c. sugar

2¼ c. Master Mix

Stir until well blended (about 1 minute).

Pour into greased 8" square baking pan.

Combine and sprinkle over:

½ c. brown sugar

3 T. margarine

½ t. cinnamon

¼ c. chopped nuts (optional)

Bake 25 minutes. Serve warm.

.....

Muffins

Makes 12 muffins

425°

20 min.

Preheat oven to 425°.

Beat together in a bowl:

1 egg

1 c. milk

2 T. sugar

Add:

3 c. Master Mix

Stir just until dry ingredients are moistened. Spoon into greased muffin pans and bake 20 minutes.

Options:

Add drained fruit, chopped nuts or chopped dried fruit.

Replace one third of mix called for with quick-cooking oatmeal or all-bran cereal.

Add chopped dried fruit and/or nuts to muffin recipe and bake as a fruit bread; use greased 5x8" loaf pan and bake 40 minutes at 350°.

*These are delicious
hot or cold.
Bake and serve as cupcakes
by adding a sprinkling
of brown sugar
and nuts or granola
before putting
in the oven.*

*An old recipe
and still perfect
to fill out a skimpy meal.*

Refrigerator Bran Muffins

Graham Gems

T.S

Makes 4-5 doz.

400°

20 min.

Makes 12 muffins

375°

15 min.

Place in bowl:

2 c. ready-to-eat bran cereal

Pour over:

2 c. boiling water

Set aside to cool.

Cream together in large mixing bowl:

1 c. shortening or margarine

1½ c. sugar

4 eggs

Add and beat in:

1 qt. buttermilk

soaked bran mixture

Sift together:

5 c. flour

5 t. soda

1 t. salt

Add dry ingredients to creamed mixture
and fold until flour is moistened.

Fold in:

4 c. additional dry bran cereal

Store batter in covered containers in
refrigerator. Keeps 3-4 weeks. When
ready to bake, preheat oven to 400° and
fill well-greased muffin tins ¾ full. Bake
20 minutes.

Option:

Add raisins and/or nuts just before
baking.

Preheat oven to 375°.

Combine in mixing bowl:

1 c. graham or whole wheat flour

1 c. white flour

1 t. soda

¼ c. dark brown sugar

¼ t. salt

½ c. raisins (optional)

Make a well and add:

1 egg, beaten

1 c. buttermilk or sour milk

3 T. melted fat

Stir only until blended. Fill greased
muffin tins half full and bake 15 minutes.
Serve hot.

Elizabeth Showalter, Waynesboro, Va.

Carol Welty, Akron, Pa.

Faye Brenneman, Palmer Lake, Colo.

Crumb Muffins

Makes 12 muffins

375°

25 min.

Preheat oven to 375°.

Combine in mixing bowl:

1 large egg, slightly beaten

1 c. milk

¼ c. melted margarine

1 c. dry bread crumbs

Stir and set aside.

Sift together:

1 c. flour

1 T. sugar

½ t. salt

1 T. baking powder

Fold dry ingredients into liquids. Stir just until all is moistened. Fill greased muffin tins $\frac{2}{3}$ full. Bake 25 minutes.

Sandra Miller, Akron, Pa.

Cinnamon-Topped Oatmeal Muffins

Makes 12 muffins

425°

15 min.

Preheat oven to 425°.

Sift together into mixing bowl:

1 c. sifted flour

¼ c. sugar

3 t. baking powder

½ t. salt

Stir in:

1 c. quick or old-fashioned oats

½ c. raisins

Add:

3 T. oil

1 egg, beaten

1 c. milk

Stir only until dry ingredients are moistened. Fill greased muffin cups $\frac{2}{3}$ full. Sprinkle with cinnamon topping:

2 T. sugar

2 t. flour

1 t. cinnamon

1 t. melted butter

Bake 15 minutes.

Anna Ens, Winnipeg, Man.

.....

Whole Wheat Pineapple Muffins

Makes 12 muffins

400°

15-20 min.

Preheat oven to 400°.

Sift together:

1 c. white flour

1 c. whole wheat flour

3 t. baking powder

½ t. salt

Set aside.

In small bowl, cream together until fluffy:

¼ c. sugar

¼ c. margarine

Add:

1 egg

Beat well; stir in:

1 c. crushed pineapple, undrained

Add dry ingredients to creamed mixture and stir just enough to moisten flour. Fill greased muffin tins $\frac{2}{3}$ full. Bake 15-20 minutes. Remove from tins at once. Serve hot.

Alice and Willard Roth, Elkhart, Ind.

.....

Basic Biscuits

Makes 18-20 biscuits

425°

10-12 min.

Preheat oven to 425°.

Sift together in a bowl:

2 c. sifted flour

3 t. baking powder

½ t. salt

Cut in:

¼ c. shortening

Add all at once, stirring until soft ball is formed:

¾ c. milk

Turn dough onto floured board; knead lightly 20 to 25 times. Roll or pat dough $\frac{1}{2}$ " thick. Cut with floured biscuit cutter or glass. Place on ungreased baking sheet and bake 10-12 minutes. Serve hot.

Makes 18-20.

Option:

Cheese Drop Biscuits: Stir 1 c. grated cheese into flour mixture before cutting in shortening. Increase milk to 1 c. and drop onto cookie sheet by tablespoonfuls.

Miriam LeFever, East Petersburg, Pa.

**Costs half as much
as commercial mix
and milk is included.**

Pancake Mix

T-S

Makes 2 or 4 lbs.

2 lbs.	4 lbs.
Combine in large bowl:	
6 c. flour	12 c. flour
1 T. salt	2 T. salt
6 T. baking powder	¾ c. baking powder
6 T. sugar	¾ c. sugar
2 c. powdered milk	4 c. powdered milk

Mix well and store in airtight container on cupboard shelf.

To use:

Combine in a bowl:

1 egg (beat with fork)
1 c. water
2 T. melted fat or oil
1½ c. pancake mix

Fry on hot ungreased griddle.

Serves 3-4.

Options:

Replace one third white flour with buckwheat flour, whole wheat flour, oatmeal, or rye flour and cornmeal.

Replace one sixth of the flour with soy flour.

Add 1 c. wheat germ to small recipe, 2 c. to large recipe.

Karen Rix, Fonda, Iowa

Add ½ c. applesauce and a dash of cinnamon to 1½-2 c. pancake batter. Decrease milk slightly. Just delightful!

**—Iona S. Weaver,
Collegeville, Pa.**

Whole Wheat Buttermilk Pancakes

Serves 3

Combine in a bowl and mix with fork:

1 c. buttermilk
2 T. vegetable oil
1 egg

Add and mix only until moistened:

½ c. whole wheat flour
½ c. unbleached, white flour
(part soy flour and wheat germ can be used)
1 t. baking powder
½ t. baking soda
½ t. salt

Fry in hot, lightly greased skillet.

Marcia Beachy, DeKalb, Ill.

*Wheat germ adds
vitamins and protein to
pancakes without
making them heavy.*

.....

Wheat Germ Griddle Cakes

Serves 6-8

Beat together at medium speed of electric mixer for one minute, or whirl in blender:

- 1½ c. wheat germ**
- 2¼ c. milk**
- 3 eggs**
- 6 T. salad oil**
- 1¼ c. white flour**
- 4 t. baking powder**
- 1 T. sugar**
- 1½ t. salt**
- ½ t. cinnamon**
- ¼ t. ginger**
- ⅛ t. mace**

Bake on hot griddle.

Option:

For crispy waffles, reserve egg whites, beat until stiff, and fold into batter just before baking. Thin batter slightly with milk.

Selma Johnson, North Newton, Kan.

.....

Apple-Walnut Pancakes

Serves 4

Combine in bowl:

- 1 c. whole wheat flour**
- 1 c. white flour**
- 1 t. salt**
- 2 t. baking powder**
- 1 T. brown sugar**

Combine in separate bowl:

- 2 c. milk**
- 2 eggs, well beaten**
- 2 T. oil**

Add liquids to dry ingredients and stir until just mixed.

Add:

- 1 c. diced apples**
- ½ c. chopped walnuts**

Bake on moderately hot, lightly greased griddle.

Options:

Use yogurt or juice in place of milk.

Substitute another whole grain flour or cornmeal for ½ c. whole wheat flour.

Use other fruit, drained and chopped, in place of apples.

Rosemary Nachtigall, Reedley, Calif.

*Serve for dessert
or a gourmet brunch
if you live
where fresh coconuts
are cheap.*

.....

**Grandmother's
Russian Pancakes
(Pflinzen)**

Serves 4-5

Combine in mixing bowl:

2 eggs, beaten
2 c. flour
2 c. milk
½ t. salt

Whirl in blender or use rotary beater.

Melt and keep hot:

⅓ c. fat or oil

Heat 10" skillet until medium hot. Add approximately 1 t. hot fat to skillet and pour in about ¼ c. pancake batter, tilting skillet with left hand to allow batter to run over entire surface. Turn in a minute or two when underside is browned. Remove to serving plate and keep warm. Repeat with remaining batter, adding small amount hot fat to skillet each time. Finished pancakes should be thin and slightly crisp on the edges. Serve pancakes with cinnamon-sugar, honey, syrup, applesauce or other fruit sauce. Traditionally each person adds filling and rolls the pancake with a fork, then cuts into bite-size pieces.

Option:

Use this whole wheat recipe with same method:

3 eggs
1½ c. milk
½ t. salt
1 T. oil
1 c. whole wheat flour
1 T. soy flour

*Helen and Adam Mueller,
Cape Girardeau, Mo.
Eleanor Hiebert, Elkins Park, Pa.*

.....

**Coconut
Pancakes**

Serves 4-6

Combine in a bowl:

2 c. flour
½ c. sugar
2 t. baking powder

Add:

1 egg, beaten
¼ fresh coconut, shredded
¼ t. cardamom powder
½ t. salt
2½ c. milk

Stir until smooth. Prepare filling.

Combine in saucepan:

1½ c. brown sugar
¾ fresh coconut, shredded
¾ c. milk
¼ c. raisins

Cook, stirring frequently, until mixture is thick and liquid absorbed.

Heat 1 t. margarine in 9" skillet. Pour in a small amount of batter, tilting skillet to spread batter thinly over entire bottom. Cook until nearly dry on top. Add a narrow strip of filling and roll up. Repeat with remaining batter and filling, keeping pancakes warm in oven. Serve hot.

LaVonne Platt, Newton, Kan.

High protein, low calorie.
Contributor says
"as waffles these are good
warmed over in the toaster
in case any survive
the first round."

Wonderfully light and crisp.
Children love them with
peanut butter,
which makes an extra high
protein meal.

.....
High Protein
Pancakes or Waffles

Serves 3

Combine in a blender:

- 1 c. cream-style cottage cheese**
- 4 eggs**
- ½ c. flour**
- ¼ t. salt**
- ¼ c. oil**
- ½ c. milk**
- ½ t. vanilla**

Whirl at high speed 1 minute. Bake on
lightly greased griddle or waffle iron.
Serves 3 as main dish.

Option:

Beat well with mixer or rotary beater
instead of in blender.

Danita Laskowski
Alice Lapp, Goshen, Ind.

.....
Whole Wheat
Yeast Waffles

Serves 6

Combine in mixing bowl:

- ½ c. water**
- 2 T. sugar**
- 1 pkg. dry yeast**

Stir and allow to stand 5 minutes. Add to
yeast mixture:

- 1½ c. sweet or sour milk,**
buttermilk, or yogurt
- 3 egg yolks (reserve whites)**
- ⅔ c. oil**
- ½ c. untoasted wheat germ**
(optional)

Sift in:

- 1½ c. whole wheat flour**
- ½ c. nonfat dry milk powder**
- 1 t. salt**

Stir to blend. Let rise in warm place 2
hours or longer, stirring down each time
batter has doubled in bulk. Just before
baking, fold in:

- 3 egg whites, stiffly beaten**

Bake on preheated waffle iron.

Option:

Mix batter in the evening, omitting eggs.
Let rise once or twice, stir down and set
in refrigerator overnight. Remove from
refrigerator 30 minutes before baking.
Stir egg yolks into batter, then fold in egg
whites just before baking.

Don Ziegler, Lancaster, Pa.

Fruit Syrup For Pancakes

Combine in saucepan:

½-¾ c. sugar

3 T. cornstarch

Add:

2 c. water

Bring to boil, stirring constantly.

Add:

2 c. sliced fresh peaches

Simmer until fruit is tender. Remove from heat and add:

2 T. lemon juice.

Serve hot with pancakes.

Option:

Use mangoes, raspberries, strawberries, blueberries, cherries, or pineapple. Canned or frozen fruit may be used—reduce sugar and use juice to replace part of the water.

Norma Johnson, Lobatse, Botswana

Maple Syrup

Combine in saucepan:

1¾ c. white sugar

¼ c. brown sugar

1 c. water

Bring to boil, cover, and cook 1 minute.

Cool slightly.

Add:

½ t. vanilla

½ t. maple flavoring

Cover saucepan for a few minutes as syrup cooks to melt down crystals; helps prevent syrup from crystallizing later in storage.

Elsie Epp, Marion, S.D.

Pineapple Sauce

Melt in saucepan:

3 T. margarine

Add:

1 c. crushed pineapple

2 T. brown sugar

Heat 5 minutes, stirring until clear and thick. When sauce cooks down a bit, add dash mace or nutmeg.

Use hot or cold.

Makes about 1 cup. Serve with pancakes, waffles, or on ice cream.

Alice and Willard Roth, Elkhart, Ind.

Economy Pancake Syrup

Combine in saucepan:

1 c. brown sugar, lightly packed

3 c. water

5 t. cornstarch

Cook until slightly thickened.

Add:

1 t. maple flavoring

Store in refrigerator.

Lois Hess, Columbus, Ohio

Helen Burkholder, St. Catharines, Ont.

*Double the recipe
to have enough left
for Creamed Chicken and
Cornbread Stuffing, p. 187,
later in the week.*

Basic Corn Bread

T-S

Serves 9

400°

25 min.

Preheat oven to 400°.

Mix together:

1 c. cornmeal

**1 c. flour (may use part or all
whole wheat)**

4 t. baking powder

½ t. salt

2 T. brown sugar

½ c. dry milk powder (optional)

Make a well and add:

2 beaten eggs

1 c. milk

¼ c. oil or melted shortening

Stir just until smooth. Pour into a greased
9x9" pan and bake 25 minutes. Serve hot
with butter, syrup, honey or milk.

Options:

Reduce cornmeal to ¾ cup. Add 3 T. soy
flour, 3 T. wheat germ, 3 T. bran.

To use sour milk in place of sweet,
reduce baking powder to 2 t. and add 1 t.
soda.

Esther Landis, Lancaster, Pa.

Eleanor Hiebert, Elkins Park, Pa.

Indian Corn Pone

Serves 2

Combine in a bowl:

1 c. cornmeal

½ t. salt

1 t. baking powder

Add:

2 T. fat (bacon drippings are good)

½ c. milk

Grease a large, heavy skillet with bacon
drippings. Drop batter from a
tablespoon, shaping into 4 pones. Brown
on both sides. Serve hot with butter or
margarine.

Option:

Add ¼ c. dry milk powder to increase
protein content.

LaVonne Platt, Newton, Kan.

Southern Spoon Bread

Serves 6-8

400°

45 min.

Preheat oven to 400°.

Combine in saucepan:

1 c. cornmeal

2 T. margarine

3 c. milk

Bring to a boil, stirring constantly. When
thickened, remove from heat.

Add:

4 eggs, beaten

1 c. milk

½ t. salt

Beat well. Pour into 2 qt. greased
casserole and bake 45 minutes. Serve
with hot butter or margarine.

Elizabeth Showalter, Waynesboro, Va.

*Usually served by
Paraguayans
as a meat accompaniment.*

.....

**Sopa Paraguaya
(corn bread)**

Serves 8

375°

30 min.

Heat oven to 375°.

Combine in large mixing bowl:

½ c. white flour

2¼ c. fine cornmeal

1 T. sugar

1½ t. salt

1½ t. baking powder

2½ c. grated cheese (¾ lb.)

Set aside.

Sauté in skillet until transparent:

¼ c. oil

2 medium onions, chopped

Beat together in small bowl:

2 eggs

1½ c. milk

Add onions with oil and egg-milk mixture to dry ingredients. Stir just until blended. Pour into greased 9x12" pan and bake 30 minutes.

Ruth Brown, Philadelphia, Paraguay

*Good spread with margarine
and toasted under the broiler.*

*Consider it a
high source of protein
at 9.5 grams protein per slice
(10 slices per loaf).*

.....

**Three-Grain
Peanut Bread**

Makes 1 loaf

325°

1 hr., 10 min.

Preheat oven to 325°.

Combine in mixing bowl:

1 c. white flour

½ c. quick cooking oats

½ c. yellow cornmeal

½ c. dry milk powder

½ c. sugar

3 t. baking powder

1 t. salt

Cut in:

¾ c. cream-style peanut butter

Blend and pour in:

1 egg

1½ c. milk

Mix well. Turn into greased and floured 9x5" loaf pan. Spread batter evenly. Bake 1 hour and 10 minutes, or until cake tester inserted in center comes out clean. Cool 10 minutes and remove from pan.

Becky Mast, State College, Pa.

.....

Whole Wheat Orange Bread

Makes 1 loaf

350°

60-65 min.

Preheat oven to 350°.

Combine in large mixing bowl:

- 1½ c. whole wheat flour**
- 1½ c. white flour**
- ¾ c. sugar**
- 1-2 T. grated orange peel**
- 2 t. baking powder**
- ½ t. salt**

Add:

- ¾ c. fresh or reconstituted frozen orange juice**
- ½ c. milk**
- ½ c. cooking oil**
- 1 egg, beaten**
- ½ c. chopped nuts (optional)**

Stir until dry particles are moistened, about 75 strokes. Pour batter into greased 9x5" or 8x4" loaf pan.

Sprinkle with mixture of:

- 1 T. sugar**
- ½ t. cinnamon**

Bake 60-65 minutes, or until toothpick inserted in center comes out clean.

Marjorie Ruth, Akron, Pa.

.....

Carrot-Coconut Bread

Makes 4 small loaves

350°

45-50 min.

Preheat oven to 350°.

In large bowl, sift together:

- 2½ c. flour**
- 1 c. sugar**
- 1 t. baking powder**
- 1 t. baking soda**
- 1 t. cinnamon**
- ½ t. salt**

Combine separately and add:

- 3 beaten eggs**
- ½ c. cooking oil**
- ½ c. milk**

Stir just until dry ingredients are moistened.

Stir in:

- 2 c. shredded carrots**
- 1½ c. coconut**
- ½ c. raisins**
- ½ c. pecans or other nuts**

Turn into 4 well-greased and floured 16 oz. fruit or vegetable cans, or two 9" bread pans. Bake 45-50 minutes.

Remove from cans and cool thoroughly. Wrap and refrigerate overnight or until used.

MCC Dining Hall, Akron, Pa.

.....

Heirloom Boston Brown Bread

Makes 4 small loaves

350°

45-50 min.

Preheat oven to 350°.

Combine in mixing bowl:

- 2 c. graham or whole wheat flour**
- ½ c. white flour**
- 2 t. baking soda**
- 1 t. salt**

Add:

- 2 c. buttermilk or sour milk**
- ½ c. dark molasses**
- 1 c. raisins, chopped and lightly floured**
- ¼ c. nuts (optional)**

Mix until smooth. Spoon into either 4 well-greased 1 lb. tin cans or a ring mold. Let stand ½ hour. Bake 45-50 minutes. Cool thoroughly on cake rack before removing from cans. Wrap airtight and store 24 hours before serving.

Ruth Herr, Columbus, Ohio

**Soy flour is expensive among flours,
but not as a source
of protein.
One slice has 8 grams protein
(10 slices per loaf.)**

.....
**Soy-Banana
Bread**

Makes 1 loaf

Preheat oven to 350°.

Sift together:

1 c. plus 2 T. soy flour

1½ c. white flour

2¾ t. baking powder

½ t. soda

¾ t. salt

½ c. sugar

½ c. dry milk powder

Cut into dry ingredients:

¼ c. shortening

Add and mix just until moistened:

1 egg, beaten

⅓ c. water

1 c. mashed bananas (2-3)

½ c. chopped nuts (optional)

Spread in greased 9x5x3" loaf pan. Bake
50 minutes. Remove loaf from pan to
cool. Delicious warm or toasted.

Author's Recipe

.....
**Dutch
Apple Bread**

Makes 1 loaf

350°

55 min.

Preheat oven to 350°.

Cream together:

½ c. margarine

1 c. sugar

Add and beat well:

2 eggs

1 t. vanilla

Combine separately:

2 c. flour

1 t. soda

½ t. salt

Add dry ingredients alternately with:

⅓ c. sour milk or orange juice

Fold in:

1 c. chopped apples

⅓ c. chopped walnuts

Bake in greased 9x5" loaf pan for 55
minutes, or until loaf tests done.

Options:

Add ⅓ c. chopped raw cranberries.

Serve thin slices spread with whipped
cream cheese.

Sandra L. Miller, Akron, Pa.

Onion Cheese Loaf

Makes 1 loaf

350°

1 hr.

Preheat oven to 350°.

Combine in mixing bowl:

1 c. white flour

1 c. whole wheat flour

1 T. sugar

3 t. baking powder

1 t. dry mustard

1 t. salt

Cut in until mixture resembles coarse meal:

¼ c. margarine

Add and stir lightly:

½ c. shredded cheddar cheese

2 T. grated Parmesan cheese

Combine separately:

1 c. milk

1 egg

Add all at once to cheese mixture and mix with fork just until dry ingredients are moistened. Turn mixture into greased loaf pan. Sprinkle over batter:

**½ c. finely chopped onion
paprika**

Bake 1 hour.

Ruth Gish, Mt. Joy, Pa.

Zucchini Bread

Makes 2 loaves

350°

1 hr.

Preheat oven to 350°.

Combine in mixing bowl and beat well:

3 large eggs

¾ c. sugar

1 c. vegetable oil

2 c. raw, peeled, grated zucchini

1 T. vanilla

Sift together:

3 c. flour

1 t. salt

1 t. baking soda

1 t. baking powder

3 t. cinnamon

Add to zucchini mixture and stir until blended.

Add:

1 c. coarsely chopped nuts

Pour into 2 greased 8" bread pans. Bake 1 hour. Remove from pans and cool on rack.

Option:

Frozen zucchini may be used if pureed in blender.

Danita Laskowski, Goshen, Ind.

**Russian Mennonites
must have these
to accompany
a watermelon feast.
The salty version
also goes well with soup.**

.....
Rollkuchen

Serves 6-8

Beat together:

3 eggs

1 c. cream, whole milk, or mixture

Sift and add:

2 t. baking powder

1 t. salt

3½-4 c. flour

Add a little more flour if necessary to make a soft dough which can be rolled out. Roll on floured board to ¼" thickness. Cut in 2x4" rectangles, cut slit in each, and fry in ½" hot fat (375°) until browned, turning once. Drain on absorbent paper.

Sprinkle with powdered sugar or salt as desired.

Susan Duerksen, Killarney, Man.

.....
**Navajo
Fry Bread**

Serves 6

Sift into a bowl:

4½ c. flour

½ t. salt

2 t. baking powder

Stir in:

1½ c. water

½ c. milk

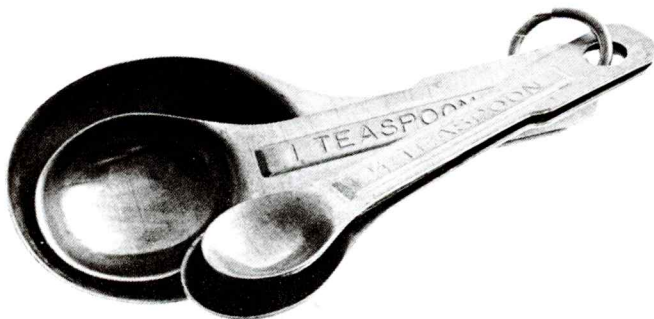
Knead with hands. Pat or roll into circles approximately 5" in diameter. With fingers make small hole in center. Fry in several inches hot oil at 400°; electric skillet is convenient. Dough will puff and bubble. Turn when golden brown. Drain on absorbent paper and serve hot with honey, or use while fresh for Navajo Tacos (see p. 146).

Options:

Use half whole wheat flour.

Add ⅓ c. dry milk powder.

*Shirley Kauffman Sager, Arriba, Colo.
Kathryn Leatherman, Goshen, Ind.*



Indian chapatis (much like the Mexican tortilla) are one way people without ovens turn flour into bread.

Traditionally they were baked on a hot rock near an open fire.

Serve with rice and a simple vegetable curry, using chapatis Indian-style to scoop up the food.

Chapatis

Serves 4

Combine in a bowl:

2 c. whole wheat flour

½ t. salt

Stir in:

2 T. melted margarine

⅔ c. water (see below)

Add ¾ c. of the water, then sprinkle on an additional 2 T. as needed to make a soft dough that can be kneaded. Knead well; cover with a damp cloth and set aside for 1 hour. Knead again. Break into golf ball-sized lumps, roll into balls, and roll each out on a floured board to ¼" thick. Dust each lightly with flour.

Heat a heavy ungreased skillet. Cook each chapati 2 minutes on a side, then remove from pan, brush chapati with melted margarine, return to pan and fry until lightly browned. Or brush skillet with fat after frying each chapati. Set oven at 200° and keep chapatis warm and puffy by placing directly on lowest rack until ready to serve.

Ruth Eitzen, Barto, Pa.

Herta Janzen, Calcutta, India

Flour Tortillas

Makes 8-11 tortillas

Fresh or frozen tortillas, if available, are usually cheap; canned or dry packaged varieties are much more expensive.

Flour tortillas may be made at home. A properly cooked flour tortilla remains mostly white, but is flecked with brown and puffed in spots; it has a dry look but is still soft and pliable.

Combine in mixing bowl:

2 c. unsifted flour

1 t. salt

Cut in with pastry blender:

¼ c. lard or shortening

When particles are fine, add gradually:

½ c. lukewarm water

Toss with fork to make a stiff dough. Form into a ball and knead thoroughly on lightly floured board until smooth and flecked with air bubbles. To make dough easier to handle, grease surface, cover tightly, and refrigerate 4-24 hours before using. Let dough return to room temperature before rolling out.

Divide dough into 8 balls for large tortillas, or 11 balls for common 8-inch size. Roll as thin as possible on a lightly floured board, or between sheets of waxed paper. Drop onto a very hot ungreased griddle. Bake until freckled on one side. (Takes only about 20 seconds.) Lift edge, turn, and bake on second side. To serve at once, fold each limp tortilla around small lumps of margarine. Or cool tortillas, wrap airtight, and refrigerate or freeze. To serve later, place in tightly covered baking dish and warm in oven, or fry briefly in hot shallow oil.

Option:

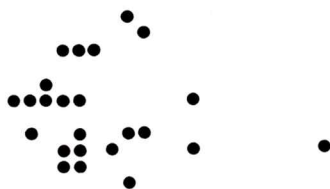
Replace ½ c. flour with cornmeal or whole wheat flour.

Carol Friesen, Reedley, Calif.

Louise Claassen, Elkhart, Ind.

Serve warm tortillas with rice and beans, or use to make a variety of Mexican specialties (see p. 145).

Gather Up the Fragments



1.

Save any leftover bread heels, stale bread, uneaten toast, dry rolls, crusts, and crumbs in a plastic bag in the freezer. When the oven is heated to 300-325° for another purpose, make crumbs or croutons:

Crumbs:

Dry bread *thoroughly* in a slow oven, turning occasionally. Eat as melba toast; let the baby chew it. Put remaining pieces in heavy plastic bag and crush with rolling pin, or whirl in a blender. Put crumbs through coarse sieve. Toss hard pieces to the birds. Dry bread crumbs keep indefinitely on the shelf in a covered container. Add herbs and seasoned salt if desired. Use to bread meat for frying, in croquettes, meat loaves and patties, or to top au gratin dishes and casseroles. Use to make Coating Mix for Oven-Fried Chicken, p. 179. Mix unseasoned crumbs half and half with graham cracker crumbs for a pie shell.

Croutons:

Spread stale bread lightly with margarine or brush with oil; dice into cubes. Sprinkle with seasoned salt, garlic or onion salt, parsley, basil, oregano, or a combination. Toast in a slow oven until thoroughly dry and crisp. Sprinkle on salads, into soup, on casseroles before baking. Use whenever recipes call for herb-seasoned croutons or stuffing mix.

2.

Dice untoasted stale bread to use in meat loaves and patties. A blender quickly turns a handful of stale bread pieces into crumbs.

3.

Dip stale bread in egg and milk and fry for French toast.

4.

Make bread pudding by pouring custard mixture over stale bread; bake at 325° until knife inserted comes out clean.

5.

Freeze leftover corn bread for use in stuffing. See Creamed Chicken with Cornbread Stuffing, p. 187.

6.

To serve leftover pancakes, place a slice of cheese on each and broil until bubbly. Makes a delicious snack or high-protein lunch entrée.

—Flo Harnish, Akron, Pa.

7.

Recipes using stale bread:

- Basic Burger Mix, p. 166
- Chicken Strata, p. 183
- Chicken or Turkey Loaf, p. 184
- Creamed Chicken
 with Corn Bread Stuffing, p. 187
- Tuna Soufflé Sandwiches, p. 191
- Old-Fashioned Bread Omelet, p. 150
- Oven Cheese Fondue, p. 154
- Cheese Strata, p. 155
- Scalloped Rhubarb, p. 271
- Applesauce Bread Pudding, p. 269

cereals

Few superprocessed foods have established themselves so securely on North American tables as boxed dry cereals. At breakfast each person hides behind a favorite brand.

Controversy rages concerning which cereals are the most nutritious. Box labeling assures consumers that enough nutrients lost in processing are replaced to bring the crunchies back to where so nutritious a food as whole grain normally ought to be. Then someone does a study feeding dry cereal to laboratory animals, and the results indicate that cereals captioned most nutritious on the side of the box are not necessarily the ones that keep a living organism healthy.

A few facts about packaged dry cereals are indisputable:

1. They are a very expensive way to consume grain—more expensive than bread and far more expensive than hot cooked cereals, even instant varieties. Cereal has no magical nutritional qualities not found in bread. Dry cereal is twice as expensive as breakfast toast (three times as high for those who bake bread). Dry cereals have risen in price to the point where some are more expensive per pound than certain varieties of meat.

2. Dry cereals waste packaging materials, space on shelves, and energy as they are developed, processed, advertised, and delivered to the stores.

3. Most dry cereals are laced with dyes and preservatives of dubious safety. Many are loaded

with sugar. They accustom young children to expect heavy sweetening on their foods. Cereal grains in their natural state contain much-needed fibers and are virtually free of fat; dry cereals have most fibers removed in processing and many contain added fats.

4. The dry cereal market brings people under the thumb of mass advertising—and it presses down hard. Few foods are so exploited on children's TV, through box-top games, and even in contests co-opting schools and fire stations. Parents with preschoolers in the cart find the trip down a supermarket cereal aisle the low point of the week if they're trying to save money.

Consider again the cooked cereals, standby of our grandparents. Quicker varieties can be prepared in the time it takes to set the table and fix orange juice. Beyond the usual oatmeal, all sorts of grains are available that cook up into delicious hot cereals if one searches for them. This book doesn't give many as recipes because availability and naming varies widely, but a little experimenting with amounts of water and cooking times will serve to get them onto the table. Look for:

Wheat germ meal or raw wheat germ—at feed mills or health food stores. Cook like cream of wheat or mix with cream of wheat.

Bulgur wheat—widely available.

Cracked, ground, or rolled wheat—feed mills, health food stores, or grind your own in hand mill, in blender (p. 64), or in small electric coffee grinder.

Millet—health food stores.
Rolled oats—widely available.
Barley grits or groats—mills,
supermarkets, other stores.
Brown rice or cornmeal—both
widely available. Cook with milk to
porridge consistency.

Some of these products, if
available only in specialty stores,
may be expensive; in other areas
they are cheap. In any case,
compare prices pound for pound
with dry cereals before deciding
against them.

Several grains can be combined
in your own hot cereal mix. Take
another hint from the old cookbooks
and don't limit hot cereals to
breakfast. They make a good fast
meal any other time of day,
especially appealing topped with
fresh or dried fruits, nuts, brown
sugar, or honey.

Experiment with whole grains
growing locally. Myrtle Hostetler,
Harper, Kansas, writes:

***I am sharing some of the fun
and pleasure of experimenting
in the kitchen cooking whole
kernel wheat. We brought the
wheat, harvested in our fields,
to the house and stored it in
glass jars.***

***Whole kernel wheat is very
nourishing, as well as
economical when purchased in
that form. If wheat were six
dollars per bushel, this would
be only ten cents per pound.
Compare this to anything in the
grocery stores.***

***The challenge was: What
length of time and what
temperature would be required
to change this hard winter
wheat into plump kernels? This
is what I did. Wash wheat in cold
water, removing chaff, etc. For***

***each cup of whole kernel
wheat, add 1 cup warm water.
Cook in heavy aluminum kettle
on very low heat for twenty-four
hours. I don't have a crock pot,
but wish I could have
experimented with one.***

***Various ways to use plump
cooked kernels:***

***Breakfast cereal—store in
refrigerator, heat amount
needed.***

***Use in meat loaf and hamburger
patties.***

***Special favorite—add to dinner
roll dough.***

***I froze some, ready-measured
to use later.***

If you don't have a crock pot, save
energy on the process above by
soaking the wheat overnight,
bringing it to a boil, and then
cooking 2 hours on low heat. Or cook
35 to 40 minutes in a pressure
cooker.

From a family who doesn't have a
wheat field:

***Our family and another
family buy a bushel of wheat on
the day it is combined and grind
it for hot cereal and whole
wheat bread recipes. We eat it
every morning for breakfast.
Add a little cocoa if the children
like cocoa wheat. Keep it stored
in tight container and in a cool
dry place until you need to grind
some more.***

***—Pauline Wyse,
Mt. Pleasant, Iowa***

Another cereal hint:

***Because breakfast is such a
hurry-up time, add instant dry
milk to cooked hot cereal, stir,
and serve. Good for a family
with young children.***

—Virginia Birky, Salem, Ohio

Probably as a reaction against the overprocessed quality of commercial cereals, homemade granola recipes are suddenly being traded everywhere. With the exception of grape nuts, few people imagined ten years ago that you could make your own dry cereals. Now the possibilities of combining and toasting grains at home seem endless.

Most of the cereal recipes given here are for granola, and these represent only a fraction of the large number received. One contributor summed it up by saying:

There is almost as much joy in mixing up granola as in making bread. And since you never make it exactly the same, it's always an adventure. As for eating, it is not only a breakfast cereal with milk, but can be used as a snack, on ice cream, as a topping on apple desserts or pumpkin pie, or in cookies. And there's something in granola—an old-fashioned, earthy, homemade, simple goodness that's not like any other cold cereal.

—Kamala Platt, Newton, Kan.

Making homemade granola can be expensive, depending on the sources for certain ingredients. Honey, sunflower seeds, and coconut are usually the culprits if you add up the cost of a batch and find it approaching, pound for pound, a commercial dry cereal. (Be sure to weigh the batch of granola to see how much you're getting and take into consideration ingredients left for future batches.)

Corn syrup, molasses, or brown sugar plus a few tablespoons of water can substitute for honey if the price makes honey prohibitive. But check first for honey by the gallon directly from a farmer. Using honey

is a good way to please a sweet tooth while cutting down on refined sugar, and you won't need to sprinkle on additional sugar at the table. Corn syrup and molasses don't sweeten as well as honey, cup for cup.

Sunflower seeds add a delightful crunch and are a good source of protein, but aren't essential. Try to buy them in quantity or raise your own. See p. 295 for home shelling method.

To use sesame seeds in granola, purchase them by the pound in a specialty or health food store. They're far cheaper that way than in tiny spice boxes.

Coconut adds good taste but has no important nutritive value and is expensive. In tropical areas where fresh coconuts are cheap, use them but reduce liquid in honey or oil. Buy unsweetened coconut in bulk if available.

Remember that cereals should be eaten together with milk or legumes to make maximum use of the protein they contain. For breakfast this happens most naturally by pouring milk on cereal, but you can also add dry milk to granola, pancakes, muffins, coffee cakes, and breads before baking, or cook hot cereal with milk instead of water. Add soy flour, soy grits, or soybeans to granola. Use roasted soybeans or soaked beans, finely ground. For the latter, cooking is unnecessary.

.....

Basic Dry Cereal Formula

300°

30-60 min.

Preheat oven to 300°.

Combine in large bowl:

7 c. dry ingredients, including

**at least 2-3 c. rolled oats, plus
other grains and nuts as
desired:**

wheat germ

whole wheat flour

wheat bran

wheat grits

cornmeal

soy flour, grits, or roasted beans

grape nuts

**uncooked cereals (Ralston,
Wheatena, etc.)**

sunflower seeds

sesame seeds

pumpkin seeds, roasted

fresh grated or dried coconut

dry milk solids

chopped nuts

spices—cinnamon, nutmeg, etc.

Combine separately and pour over dry ingredients:

1 c. liquids, including as desired:

honey

syrup

molasses

**brown sugar (use 2 T. water with
½ c. sugar)**

oil

melted margarine

peanut butter

milk or cream

Bake in large greased baking pans 30-60 minutes, stirring often. Do not overbrown. Crunchiness depends on proportions and baking time. For a chunkier cereal, allow to cool undisturbed, then break into pieces.

Add when cool, as desired:

raisins

chopped dates

dried apples

apricots

other fruits

.....

Mother's Grape Nuts

Makes 2½ lbs.

350°

25-30/20-30 min.

Preheat oven to 350°.

Combine in large mixing bowl:

3 c. graham or whole wheat flour

½ c. wheat germ

1 c. brown sugar or ¾ c. corn syrup

2 c. buttermilk or sour milk

1 t. soda

pinch salt

Beat until smooth.

Spread dough on 2 large greased cookie sheets. Bake 25-30 minutes.

Crumble by one of these methods:

1. While still warm, break into chunks and grate on slaw cutter, or whirl briefly in blender, about a cupful at a time.
2. Allow to cool thoroughly, then put through food grinder, coarse plate.

Crisp in 250° oven for 20-30 minutes.

Store in airtight container. Eat with milk.

No added sugar needed.

Option:

Omit wheat germ and increase flour by ½ c.

Ada Beachey, Goshen, Ind.

Viola Dorsch, Musoma, Tanzania

Vincent Krabill, Hesston, Kan.

*One of the simplest
and cheapest;
easy for
small children to chew.*

.....
Simple Granola

Makes 2½-3 qts.

250°

1 hr.

Preheat oven to 250°.

Combine in large mixing bowl:

2 c. whole wheat flour

6 c. rolled oats

1 c. coconut

1 c. wheat germ

Blend together separately:

½ c. water

1 c. oil

1 c. honey or corn syrup

2 t. vanilla

1 T. salt

Add blended liquids to dry ingredients
and mix thoroughly.

Spread out on 2 greased cookie sheets
and bake 1 hour, or until dry and golden.

Store in covered containers.

Option:

With same liquids, use 4 c. quick oats, 3
c. whole wheat flour, 1 c. wheat germ, 1 c.
soy flour (optional), 1 c. coconut, 1 c.
nuts.

*Marian Zuercher, Wooster, Ohio
Anna Beth Birky, West Chicago, Ill.*

*Choice recipe from a
well-known Christian
community. Make up this
huge batch, fill into
peanut-butter jars, tie with
ribbon, and use for Christmas
gifts. If ingredients are
bought in bulk, cost is
about two thirds that of
commercial "natural" cereals.*

.....
**Koinonia
Granola**

Makes 5 qts.

350°

20-25 min.

Preheat oven to 350°.

Melt in large roasting pan:

½ c. oil

½ lb. margarine

2 T. molasses

1 T. vanilla

1 c. brown sugar

1 c. honey

½ t. salt

When mixed, let cool slightly and add:

2 lbs. rolled oats

½ c. sesame seeds

1 c. chopped nuts

2 c. grape nuts

1 c. wheat germ

1 lb. coconut

1 c. sunflower seeds

Stir thoroughly. Bake in shallow pans for
20-25 minutes. Stir every 5-7 minutes.

After granola has cooled, add 1 c.
raisins.

Koinonia Farms, Americus, Ga.

.....

**Soybean
Granola**

Makes 2 qts.

325°

15 min.

Preheat oven to 325°.

Combine in large bowl:

4 c. rolled oats

1 c. wheat germ

1 c. sliced almonds or other nuts

1 c. sunflower seeds

½ c. whole wheat bran

1 c. roasted soybeans (see p. 305)

Heat to boiling in saucepan:

¼ c. oil

½ c. honey

1 t. vanilla

Pour liquids over dry ingredients and stir thoroughly. Toast on 2 greased cookie sheets for 15 minutes or until golden.

Jean Miller, Akron, Pa.

.....

**Apple Cinnamon
Crunch**

Makes 2 qts.

350°

20-25 min.

Preheat oven to 350°.

Combine in large bowl:

4 c. old-fashioned rolled oats

½ c. coconut

1 c. nuts, finely chopped

½ c. sesame seed

¾ t. salt

1 t. cinnamon

Combine separately and add:

½ c. honey

⅓ c. vegetable oil

½ t. vanilla

Mix thoroughly. Spread on 2 large greased baking pans and bake 20-25 minutes, stirring occasionally.

Add:

8 oz. finely cut dried apples

Store in tightly covered container in refrigerator.

Esther Deal, Ft. Wayne, Ind.

Try this granola sprinkled generously over a bowlful of fresh sliced peaches for an outdoor summer breakfast. Some Swiss restaurants offer granola topped with fresh fruit and whipped cream as "Skier's Breakfast."

Crunchy Granola

Makes 2 qts.

325°

30 min.

Preheat oven to 325°.

Mix together in large bowl:

½-1 c. coconut

4 c. rolled oats

1 c. sunflower seed

1 c. wheat germ

¼-½ c. sesame seed

1 c. peanuts or chopped walnuts

Bring to a boil:

1 c. honey or brown sugar

½ c. oil

1 T. cinnamon

Pour honey mixture over dry ingredients and mix thoroughly. Spread on 2 greased cookie sheets. Bake about 30 minutes, stirring often. Watch closely at the last, not allowing granola to become too dark. Allow to cool undisturbed, then break into chunks.

Options:

If using brown sugar, increase oil to ¾ c. or add ¼ c. water.

Add 1 c. cornmeal to dry mixture. Omit cinnamon.

*Pat and Earl Martin, Quang Ngai, Vietnam
Miriam Witmer, Manheim, Pa.
Dale Suderman, Newton, Kan.*

Chunky Granola

Makes 2½ qts.

350°

10-15 min.

Preheat oven to 350°.

Place in ungreased 9x13" pan:

6 c. rolled oats

Bake 10 minutes. Remove from oven and stir in:

½ c. sunflower seeds or nuts

½ c. coconut

½ c. wheat germ

½ c. powdered milk

Add to dry mixture:

¾ c. honey

¾ c. oil

1 t. vanilla

Stir until thoroughly coated. Bake 10-15 minutes, stirring every 3-5 minutes until uniformly golden. Do *not* overbake. Let it cool in pan undisturbed, then break into chunks.

Option:

Chopped raisins, dates, or dried fruits may be added.

Granola bars: For this or other recipes containing 6 to 8 c. dry ingredients and 1 to 2 c. liquid, add to liquids: 1 beaten egg, about ⅓ c. milk. Stir liquids into dry ingredients and mix well. Press mixture firmly into 2 well-greased 10 x 15" cookie sheets. Bake at suggested temperature until nicely browned. Cut immediately into bars. Remove from pans when cool. For sweeter bars, increase honey.

Mary Lou Houser, Lancaster, Pa.

Peanut Granola

Makes 5 qts.

325°

30 min.

Preheat oven to 325°.

Combine in saucepan:

1¼ c. honey

⅔ c. oil

1 c. peanut butter

1 T. salt

1 T. cinnamon

½ c. water

Stir over low heat until peanut butter melts.

Combine in large bowl:

10 c. rolled oats

1 c. chopped raw peanuts or other nuts

1 c. wheat germ

1 c. cornmeal

1 c. coconut

Add liquids and mix well. Place in 2 large shallow greased pans and bake about 30 minutes or until crunchy and brown. Stir often to prevent overbrowning. When cool, add:

2 c. raisins

Store in airtight container.

Louise Leatherman, Akron, Pa.

Everything Cereal

Makes 4-5 qts.

300°

45-60 min.

Preheat oven to 300°.

Combine in large heavy roasting pan:

1 c. whole wheat or soy flour

1½ c. dry milk powder

1½ c. unroasted wheat germ

½ c. buckwheat (optional)

1 c. sesame seeds

6 c. rolled oats

1 c. shelled unroasted sunflower seeds

1 c. grape nuts

Combine in saucepan:

1 c. oil

½ c. honey

2 T. molasses

1 t. vanilla

Warm over low heat to blend. Pour into dry mixture, stirring well.

Roast for 45-60 minutes, stirring every 15 minutes at first, then more frequently, until particles are golden (not dark) brown. After mixture has cooled, add:

2 c. raisins

1 c. each chopped prunes, dates, dried apricots, coconut (all optional)

1 c. dry-roasted chopped peanuts or other nuts

Store in tightly covered containers in cool, dry place.

Rosemary Moyer, North Newton, Kan.

Marlin Dick, Swan Lake Christian Camp, Viborg, S.D.

.....

Apple Oatmeal

Serves 4-6

Combine in saucepan:

- 1 c. rolled oats**
- 2 c. cold water**
- ½ t. salt**

Cook 10 minutes on low heat.

Add:

- 2 chopped apples**
- dash nutmeg**

Cook 5 minutes more, or until apples are done to desired consistency.

Serve with milk or yogurt and honey, brown sugar, or cinnamon-sugar.

Option:

Use raisins or dates in place of apples.

Grace Whitehead, Kokomo, Ind.

.....

Cornmeal Mush

Serves 4-6

Bring to a boil in heavy saucepan or top of double boiler:

- 3 c. water**

Combine and stir in:

- 1 c. cold water**
- 1 c. cornmeal**
- ¼ c. flour**
- 1 t. salt**

Stir constantly as mush thickens. A wire whisk works well. Cook 30 minutes, covered, on very low heat or over hot water. Eat hot from the kettle with milk and sugar, or pour into loaf pan to cool and set. Slice, dust with flour if desired, and fry in well-greased skillet.

Grace Geiser, Apple Creek, Ohio

.....

Ground Wheat Breakfast Cereal

Serves 6

Bring to a boil:

- 3 c. water**

Combine separately and add:

- 1 c. cold water**
- 1 c. ground wheat**
- 2 t. salt**

Stir constantly while thickening to prevent lumps. Reduce heat and cook 15-20 minutes. Serve with milk and sugar, honey or molasses.

Grace Geiser, Apple Creek, Ohio

*This recipe (tropical version)
was first given
to Saigon MCC workers
by Seventh-Day Adventist
missionaries in 1966,
and has since been used
by MCCers in many countries.*

Coconut-Oatmeal Cereal

Makes 2 qts.

350°

45 min.

Preheat oven to 350°.

Combine in large mixing bowl:

3 c. white or whole wheat flour

2 c. flake coconut

2 c. quick oatmeal

3 T. sesame seed

3 T. water

¾ c. sugar

5 T. cooking oil

Mix well. Bake in 2 or 3 shallow baking pans until browned, about 45 minutes, stirring occasionally to produce crumbles of desired size.

Serve as cold cereal.

Serves 16 (½ c. servings).

Options:

Add for variety:

raisins

brown sugar

sunflower seeds

nuts

Tropical version: Use 1 finely grated fresh coconut to replace flake coconut and omit 3 T. water.

June Suderman, Hillsboro, Kan.

Family Familia

T.S

Place a large bowl of rolled oats in the center of the table. All around place small bowls of whatever is available of the following:

coconut

sesame seeds

sunflower seeds

wheat germ

rolled wheat, rye, or barley

sprouts

nuts

dates, raisins, other dried fruits

fresh, frozen, or canned fruits

Each compiles his/her own. Pass honey and a pitcher of hot milk.

Kathy Histan, Sellersville, Pa.

beans, soybeans, and lentils.....

Beans or legumes, a food of humble reputation in North America, are usually considered staple diet for the poor. Few cookbooks devote more than a couple of pages to them. Books will include a baked bean recipe or two, and possibly a soup, but that's the end of the matter.

In dismissing legumes so quickly, a whole resource of cheap plant protein is ignored. Prices have risen markedly, but pound for pound dry beans still do very well on the table of costs for 100 grams of protein. See Chart D, p. 36.

One-half cup cooked white beans has seven grams protein, the same as a whole egg. A half cup of soybeans has eleven grams. Granted the egg has higher quality protein, but by eating beans together with grains (rice or whole grain bread) the quality or usability of protein in both the beans and the grain improves significantly. For a meatless high-protein meal, baked beans and whole grain bread are an excellent choice.

Dry legumes, especially soybeans, are good sources of minerals and B vitamins. As a double bonus to heart-conscious North Americans, soybeans are one of the few high-protein foods containing *no* saturated fats. In fact, they contain lecithin, which helps in the absorption and utilization of any kind of fat, including cholesterol.

Buy legumes in their dry form, in bulk if possible. They come to the kitchen shelf with almost no backlog of energy used in processing or storage and keep well with little attention.

A row of glass jars containing a

variety of dry legumes adds color and texture interest to the kitchen and makes it easy to reach for them in meal planning. Visualize the natural color tones of little green split peas, earth-brown lentils, deep-red kidney beans, and creamy-golden soybeans arranged together.

"But they take so long to soak and cook and I can't ever remember to do it ahead of time," many cooks complain. Consider these suggestions for cooking legumes:

Soaking

Presoak all dry beans and peas by one of the methods given below, except for split peas and lentils. Two to three hours soaking is enough for split peas, although longer won't matter. Lentils need no presoaking and only 30 to 40 minutes cooking time.

1. *Overnight Method:* Wash beans, sort, place in kettle in which they will be cooked, and cover with 4 cups water to 1 cup beans (or follow recipe proportions). Cover and let stand 8 hours or overnight. Use soaking water for cooking—do not discard it.

2. *Quick Method:* Follow directions for overnight method but instead of soaking, bring water and beans to a boil and cook 2 minutes. Cover, remove from heat, and let stand 1 hour. Beans are then ready to cook.

Cooking Beans

1. One cup dried beans yields about 2½ cups cooked beans. See p. 38 for more complete information.

2. Cooking time varies according to size of bean and length

of time in storage. Peas and smaller beans usually need less than an hour; larger beans 2 to 3 hours, and soybeans 3 to 4 hours. Large dry limas may tenderize in less than an hour, however. Bring beans to boiling in soaking water, cover, and reduce heat to simmer. Test for tenderness by tasting.

3. Add 1 tablespoon fat to cooking beans to control foaming.

4. Beans may be cooked 20 to 35 minutes in a pressure cooker, but some authorities warn against this because beans tend to sputter and foam which can clog the vent. Never fill pressure cooker more than three fourths full. Timetable for pressure cooking:

small beans, split peas, lentils,
20 minutes

kidney and navy beans, 35 minutes
soybeans, 40 minutes

5. Since beans require long cooking, which uses energy, cook several pounds at once and freeze them. Frozen cooked beans have almost the same convenience as canned; thaw them quickly by setting the container in hot water. Drop a frozen chunk of beans directly into boiling soup, or place chunk in casserole in hot oven and add baked bean seasonings. Stir half an hour later and continue baking.

6. Cooked beans may be canned in jars in pressure canner. See p. 299.

7. Cook beans just until they begin to tenderize, then add seasonings and liquid and bake slowly for 4 to 8 hours for wonderful browned-in flavor. Native Americans taught New England colonists how to make these famed "Boston Baked Beans" in earthen

pots. Use that oven heat to good advantage. Bake rice pudding or plain rice, make granola or roast soybeans.

Soybeans

With the shortfall in world food supply, North Americans are again taking an interest in eating soybeans, the high-protein plant food already relied upon for centuries in parts of Asia. Older people remember eating soybeans during Depression days. Several have said to me, "You know, we ate soybeans when I was young. We just cooked them up, poured on a little milk or butter, and that's what we ate. But somehow we got away from it."

Eva Carper, a Mennonite schoolteacher from Virginia, wrote a food column for the *Rural New Yorker* in the mid-1930s. Here are suggestions she gave regarding soybeans:

We use soybeans any way that we use navy beans. Of course the flavor is different, because they are a protein food instead of starchy. We plant them in the corn at the edge of the field when we see the corn coming up, and they are about the last thing harvested. The beans grow along the stem and after the leaves drop off they may be stripped off the stalk. After they are dry they are put in bags and the children have a "jumping bee." We clean the pods out on a windy day by pouring from one tub to another.

For soybean soup, soak beans overnight, and boil slowly

and long to bring out their best flavor. After they have boiled a while I add salt. When soft add whole milk, season with pepper, and heat. Then pour over pieces of dry or toasted bread and pour browned butter over the soup. This is a hearty dish and not much else needs to be served with it. Also, after beans are boiled, I add molasses, mustard, tomato juice, and ham broth or bacon, and bake like baked beans.

As Mrs. Carper notes, soybeans do have a different flavor. Some describe it as bland, needing spicy seasonings. Some call it mildly objectionable and try to cover it up. Others love soybeans just as they are. A dining-hall dietitian who is experimenting with serving soybean dishes said to me recently, "Why is so much attention focused on doctoring up soybeans? The more we use them, the more I like them just as they are. I find myself snitching them out of the kettle as they cook!"

Another way soybeans can be used is as soy flour, which essentially is milled dry soybeans. Soy flour is one of the most highly concentrated protein foods available. See p. 34.

Textured vegetable protein made from soybeans is sold in supermarkets as a meat extender or substitute. If such products are not overpriced and overpackaged, give them a try. Remember, though, that a cup of leftover home-cooked soybeans, mashed or blended, will do the same thing if you're stretching ground meat.

A variety of soybean "meats" are also in your grocer's freezer. Food industry experts maintain people will never eat plant proteins in any quantity until they are flavored and processed into the form of a well-liked meat. There is some good sense in this claim, but soybean sausage should not cost \$1.80 per

pound (more than pork sausage) the same year that farmers receive less than 10 cents per pound for soybeans.

Using Soybeans

1. Use any field soybean for eating. Some varieties may be tastier than others, but all are edible by people. Raise your own or buy directly from a farmer or mill.

2. Immature *green* soybeans need no presoaking and only a short cooking time like that of fresh green limas. See p. 295.

3. Always presoak dry soybeans at least 8 hours or by quick method, then allow 3 to 4 hours slow cooking.

4. Soybeans will become tender though not quite as soft as other beans, and they never get mushy. The skins may separate and float as cooking begins but will dissolve later. Cooked soybeans freeze well and hold their shape when thawed.

5. Mashed soybeans or soybean paste is versatile in many dishes. Drain hot cooked beans, then mash with potato masher or back of slotted spoon, or put through a food grinder. Mashing is easier when beans are hot. Use a blender if there is liquid in the recipe which can be added to facilitate getting the mixture through the blades. One cup cooked soybeans yields $\frac{2}{3}$ cup soybean paste. Use for sandwich spread, as ground beef extender, in loaves, patties, soufflés or casseroles.

Lentils

The convenience food among legumes, lentils cook in thirty minutes with no presoaking. Nutritionally they compare closely to dry beans and, like other legumes, are complemented by grains.

Lentils are an ancient food of the Middle East and as popular there today as they were thousands of years ago when Jacob tricked Esau out of his birthright for "bread and pottage of lentils" (Gen. 25:34). Try

Middle Eastern Lentil Soup, p. 213, or Kusherie (Egyptian Rice and Lentils), p. 108, to understand part of the reason Esau gave in.

The mild nutty flavor of lentils is generally appealing, even to people who have never tried them. What may not be so appealing at first is their brownish color in cooked dishes. Try adding tomato sauce or sliced carrots and a sprinkling of chopped scallions to lentil soup. Serve colorful vegetables or salads with lentil casseroles. Lentils are definitely worth a try if you're looking for low-cost, nutritious main dish ideas. Some of our recipe testers became true converts.

Long, slow baking develops rich flavor. Rice pudding (p. 268) bakes at the same oven temperature and complements protein in beans. Add a crunchy salad.

Beans with Sweet-Sour Sauce

TS

Serves 4

TS with pressure cooker

Soak and cook until tender:

1½ lb. white beans, such as navy or great northern

1 qt. water

Brown lightly in skillet:

1½ T. fat

1½ T. flour

Gradually add:

2 T. brown or white sugar

2 T. corn syrup

¼ t. salt

2 t. vinegar

Stir until blended. Gradually add:

1 c. liquid (hot water or bean liquid)

Bring to a boil and cook a few minutes.

Pour over hot beans.

Options:

Sauté a chopped onion in the fat before adding flour.

Cook the whole pound of beans and reserve extra for another dish later in the week.

Helen E. Regier, Newton, Kan.

Basic Baked Beans

TS

Serves 6-8

275°-300°

4-8 hrs.

TS—needs time not attention

Soak overnight or by quick method:

1 lb. navy beans

2 qts. water

In same liquid, bring beans to boil and simmer until tender, about 1½ hours.

Drain, reserving liquid.

Preheat oven to 275-300°.

Combine in 2 qt. casserole:

cooked beans

½ c. molasses

¼ c. ketchup (optional)

1 t. mustard

2 t. salt

¼ t. pepper

1 onion, chopped

2 slices bacon, chopped, or ¼ lb. salt pork (optional)

bean liquid to cover

Bake 4-8 hours, adding liquid occasionally if necessary. Cover during first half of baking time, then uncover.

Options:

Substitute soybeans or a combination of bean varieties.

Add 2-3 t. chili powder.

Sarah Grove, Markham, Ont.

.....

Calico Baked Beans For a Crowd

Serves 10-12

325°

1½ hrs.

Use canned beans, or soak and cook dry beans. Several varieties of dry beans may be soaked and cooked together. One cup dry beans usually yields 2½ cups cooked.

Preheat oven to 325°.

Combine in large casserole, reserving liquids:

- 2 c. green limas, cooked and drained**
- 2 c. large dry limas, cooked and drained**
- 2 c. red kidney beans, cooked and drained**
- 1 qt. pork and beans, or leftover baked beans**

Fry:

- 6 slices bacon, diced**
- OR 1 c. leftover ham bits**
- OR ½ lb. sausage or ground beef**

Pour off excess fat.

Add:

- 1½ c. onions, cut up**

Fry briefly.

Add:

- ¾ c. brown sugar**
- 2 t. salt**
- 1 t. dry mustard**
- 1 clove minced garlic**
- ½ c. vinegar**
- ½ c. ketchup**

Cook 5 minutes and pour over beans. Add enough reserved bean liquid to barely cover beans. Bake uncovered 1½ hours, adding additional liquid if beans become too dry.

Options:

Substitute other varieties of dry beans, including soy—but keep color contrast for an attractive dish.

Omit meat altogether—still delicious!

Sharon Baker, Larkspur, Colo.
Karin Hackman, Hatfield, Pa.

*Serve chili beans on rice
or with corn bread
for the grain-legume
protein relationship.*

.....

Mexican Chili Beans

Serves 6

Soak overnight or by quick method:

- 1 lb. dried red kidney beans**
- 2 qts. water**

Bring to a boil.

Simmer just until tender, about 40 minutes.

Fry in Dutch oven:

- ¼ lb. salt pork, finely diced**

When crisp, add:

- 2 c. onions, finely chopped**
- 4 cloves garlic, finely chopped**

Saute until golden. Add:

- 2 t. salt**
- 1 t. pepper**
- 2-4 t. chili powder, according to taste**
- 1 t. dried leaf oregano**
- ¼ t. cumin**
- ¾ c. tomato paste**
- 1 c. tomato sauce**

Simmer 15 minutes.

Drain beans, reserving liquid. Add beans to tomato mixture along with 2 c. reserved liquid. Cover and simmer 1 hour.

Marjorie Ropp, Montreal, Quebec

*Use as filling in tortillas,
as side dish with rice or tacos,
or on Navajo Tacos (see p. 146).*

Mexican Refried Beans

Serves 5-6

Soak overnight or by quick method:

**1 lb. dried pinto, pink, or kidney
beans**

Add:

6 c. water

2 onions, chopped (optional)

Bring to a boil, cover and simmer slowly
until beans are tender, about 3 hours.

Mash beans with potato masher.

Add:

½ c. hot bacon drippings,

margarine, or lard

salt to taste

Mix well; continue cooking, stirring
frequently until beans are thickened and
fat is absorbed. Serve at once or
refrigerate for later use.

Options:

Cook beans with half the onion; heat fat in
skillet, sauté remaining onion, then mash
¼ c. beans into skillet. Fry a short time
and push to side, adding more beans by
¼ cupfuls and mashing. Simmer 10
minutes to finish.

Add chili powder and/or cumin and
tomato sauce to taste. Place in greased
casserole, sprinkle with cheese, and
keep hot in oven until ready to serve.

Use soybeans or chick peas (garbanzos)
for delicious variation.

Carol Friesen, Reedley, Calif.

Anne Rogers, East Petersburg, Pa.

Crusty Mexican Bean Bake

Serves 6

350°

30 min.

Crust:

Combine:

½ c. flour

½ t. salt

½ t. baking powder

2 T. shortening or margarine

½ c. sour cream or yogurt

**(increase flour by 2 T. if
using yogurt)**

1 egg, beaten

Stir together. May be slightly lumpy.
Spread thinly with back of spoon on
bottom and sides of shallow greased
2-qt. casserole. Fill with bean mixture.
(Crust may be stirred together in
advance. Refrigerate until ready to use.)

Filling:

Brown in skillet:

¾ lb. ground beef

½ c. chopped onion

Add:

1 t. salt

2 t. chili powder

½ t. Tabasco sauce

**2 c. undrained cooked kidney
beans**

¾ c. (6 oz.) tomato paste

Spoon into crust and bake at 350° for 30
minutes. Remove from oven. Sprinkle
over or serve alongside:

½ c. grated cheese

1-2 c. shredded lettuce

1 c. chopped raw tomatoes

Evelyn Fisher, Akron, Pa.

*"A Puerto Rican favorite
of the rich and poor,"
says Maria.*

**Monterey Beans
And Cheese**

T·S

Serves 6

Fry, drain, and break into pieces:

2 slices bacon

Set aside. Sauté in bacon fat until tender:

½ medium-sized onion, sliced

½ green pepper, diced

Add:

bacon bits

2 c. cooked kidney beans

¼-½ lb. shredded cheddar cheese

2 ripe tomatoes, diced, or

¾ c. tomato sauce

1 c. beef bouillon or tomato juice

1 t. chili powder

½ t. salt

dash of pepper

Cook slowly, stirring constantly, until ingredients are blended and cheese is smooth—about 5 minutes. Serve with rice.

Mary Ella Weaver, Lititz, Pa.

**Puerto Rican Rice
And Pigeon Peas**

Serves 6-8

Soak, then cook until tender:

**½ lb. pigeon peas, pinto or
kidney beans**

4 c. water

Brown in dutch oven or deep skillet:

**1 lb. pork ribs or cooking ham,
cut in 1" pieces**

Measure accumulated drippings and add enough vegetable oil to make ½ c.

Return fat to skillet and add:

achiote, if available, OR

¾ c. tomato paste

Stir to coat meat.

Add to skillet:

2 tomatoes, chopped

½ green pepper, chopped

1 large onion, chopped

2 cloves garlic, minced

2 c. cabbage, finely chopped

1 t. oregano

1 T. capers with juice

1 T. salt

Stir-fry briefly just to wilt vegetables.

Add:

2 c. uncooked rice

cooked pigeon peas, drained

Stir well. Add:

6-7 c. bean liquid and water

Cook at moderate heat 15 minutes. Stir once or twice. Then reduce heat, cover, and finish cooking slowly until rice is done.

Option:

Omit meat. Begin by sautéing vegetables in ½ c. fat, then add tomato paste and remaining ingredients.

*Maria Luisa Rivera de Snyder,
Hesston, Kan.*

*Brazilians like to accompany
this complete meal
with manioc flour
sprinkled on top.*

.....

Carribean Rice And Beans

Serves 6-8

Soak overnight or by quick method:

- 2 c. dry pigeon peas, pinto beans,
or kidney beans**
- 6 c. water**
- 1 T. salt**

Bring to a boil, reduce heat, and simmer
just until tender—about 40 minutes.

Drain beans, reserving liquid.

Heat in large covered skillet:

- 2 T. oil or margarine**

Add:

- 1 clove garlic, crushed**
- 2 green onions, chopped**
- 1 large tomato, chopped**
- 1 T. lime juice (optional)**
- ½ t. ground cloves**
- 1 T. chopped parsley**
- ¼ t. pepper**
- drained beans**

Sauté about 5 minutes.

Add:

- 2 c. rice**
- 4 c. reserved bean liquid
(add water if necessary)**

Bring to a boil, cover, reduce heat to
simmer, and cook 20-25 minutes without
stirring.

*Shirley King, Grande Riviere du Nord,
Haiti
Abe and Katherine Dyck, Manchester,
Jamaica*

.....

Brazilian Rice And Beans

Serves 8-10

Soak overnight or by quick method:

- 2 c. pinto or kidney beans**
- 6 c. water**

Cook about 2 hours or until tender.

In saucepan, cook together about 4 c. of
2-4 of the following vegetables in large
pieces:

- potato**
- chayote**
- cabbage**
- pumpkin**
- okra**
- carrot**

Cook just until tender.

Sauté together in a skillet:

- ½ lb. ground meat (beef or pork)**
- ¼ lb. smoked meat (bacon,
sausage, etc.)**
- 2 garlic cloves, minced**
- 1 medium onion, chopped**
- ½ green pepper, chopped
(optional)**
- 1 t. Worcestershire sauce**
- 2 T. tomato paste**
- 1 t. coriander**
- 1 bay leaf**
- salt and pepper to taste**

Simmer 30 minutes.

Join beans, vegetables, and meat
mixture and heat together 2 minutes.
Serve with rice.

Josefa Soares, Recife, Brazil

*Serve as summertime meal
with whole grain bread
and fresh fruit.*

**Italian Beans
And Pasta**

Serves 8

Soak overnight or by quick method:

**1 lb. dried Great Northern or
marrow beans**

4 c. water

In large kettle, bring beans to boil, cover
and simmer 1 hour, adding water if
necessary.

Cook and drain according to package
directions:

8 oz. elbow macaroni

Brown in skillet:

¾ lb. sausage, broken up

1 clove garlic, minced

1 onion, chopped

Drain off excess fat. Add macaroni and
sausage mixture to bean kettle.

Add:

4 c. cooked tomatoes

¼ c. dark corn syrup

2 T. chopped parsley

2 t. salt

2 t. dried oregano

¼ t. pepper

Bring to boil, cover and simmer about 15
minutes, adding tomato juice if
necessary for stew consistency. Serve in
soup bowls with a green salad and whole
wheat bread.

Option:

Thin with more water or tomato juice for a
soup.

*Belmont Mennonite Church Low-Cost
Collection, Elkhart, Ind.*

**Scallions
And Beans**

Serves 6

Soak overnight or by quick method:

1 lb. dry white beans

2 qts. water

Cook in water to cover until tender. Drain
and cool. (Reserve liquid for soup or
stew.)

Combine:

**4 scallions, chopped,
including tops**

**2 cloves garlic, peeled and
pressed**

¼ c. fresh lemon juice

½ c. olive oil

salt and freshly ground pepper

Pour dressing over beans. Sprinkle with
parsley. Chill several hours before
serving.

Option:

Other oil may replace olive oil but won't
yield the same flavor.

*Louise Claassen, Elkhart, Ind.
Gwen Peachey, Amman Jordan*

.....

Basic Cooked Lentils

T.S

Serves 6

.....

Savory Baked Limas

T.S

Serves 6-8

300°

About 5 hrs.

TS—Needs time not attention

Wash and soak overnight:

1 lb. dried baby lima beans
6 c. water

Preheat oven to 300°.

Drain beans (reserve liquid) and place in 2 qt. casserole.

Add:

liquid from soaking beans plus water to make 2 c.
2 c. diced, unpeeled tart apples
½ c. chopped onion
¼ c. dark brown sugar
2 T. Worcestershire sauce
¼ c. molasses
2 t. salt
1 t. dry mustard

Stir well. Score or cut up:

¼ lb. salt pork or slab bacon

Bury pork deep in center of beans. Cover and bake about 5 hours. Stir once or twice and add water if needed.

Erma Weaver, Manheim, Pa.

Bring to a boil and simmer 20 minutes:

1 c. lentils
2½ c. water
2 beef bouillon cubes
1 bay leaf
1 t. salt

Flavor options:

Curried Lentils

Sauté together:

¼ c. margarine
1 large onion, chopped
1 clove garlic, minced

Add:

1 t. salt
1-2 T. curry powder

Fry briefly. Add to Basic Cooked Lentils with:

2 T. lemon juice
chopped parsley

Serve over rice.

Sweet-Sour Lentils

Reduce water by ½ c. in preparing Basic Cooked Lentils.

When lentils are cooked, add:

¼ c. apple or pineapple juice
¼ c. cider vinegar
¼ c. brown sugar
1 clove garlic, crushed
⅛ t. cloves

sautéed onion, if desired

Heat to bubbly. Serve over rice.

Easy Lentil Stew

Add to lentils:

½ lb. diced ham, browned
sausage, or browned
ground beef
¾ c. tomato paste
2 c. water
¼ t. oregano
1 t. salt
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, minced

Bring to a boil, reduce heat, and simmer 20-30 minutes until vegetables are tender. Serve plain or over rice.

Zona Galle, Madison, Wis.

Becky Mast, State College, Pa.

Marian Franz, Washington, D.C.

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Baked Lentils With Cheese

Serves 6

375°

1 hr., 15 min.

Preheat oven to 375°.

Combine in shallow 9x13" baking dish:

1¾ c. lentils, rinsed

2 c. water

1 whole bay leaf

2 t. salt

¼ t. pepper

⅞ t. each marjoram, sage, thyme

2 large onions, chopped

2 cloves garlic, minced

2 c. canned tomatoes

Cover tightly and bake 30 minutes.

Uncover and stir in:

2 large carrots, sliced ½" thick

½ c. thinly sliced celery

Bake covered 40 minutes until vegetables are tender. Stir in:

1 green pepper, chopped (optional)

2 T. finely chopped parsley

Sprinkle on top:

3 c. shredded cheddar cheese

Bake, uncovered, 5 minutes until cheese melts.

Catherine Kornweibel, Easton, Pa.

.....

Honey Baked Lentils

Serves 8

350°

1 hr.

Combine in a dutch oven or saucepan:

1 lb. (2½ c.) lentils

1 small bay leaf

5 c. water

2 t. salt

Bring to a boil. Cover tightly and reduce heat. Simmer 30 minutes. Do not drain. Discard bay leaf.

Preheat oven to 350°.

Combine separately and add to lentils:

1 t. dry mustard

¼ t. powdered ginger

1 T. soy sauce

½ c. chopped onions

1 c. water

Cut in 1" pieces:

4 slices bacon

Stir most of the bacon into lentils and sprinkle remainder on top.

Pour over all:

⅓ c. honey

Cover tightly. Bake 1 hour. Uncover last 10 minutes to brown bacon.

Options:

Bacon may be partially precooked if desired. Substitute ½ lb. browned ground beef or sausage, or omit meat completely.

Delicious served with hot baked rice. Pass soy sauce.

Replace ginger, soy sauce, and 1 c. water in second group of ingredients with 2 T. sugar, 1 t. oregano, 2 c. tomato sauce. Omit honey.

Joann Smith, Goshen, Ind.

Larry Gingrich, Monmouth, Ore.

.....

Skillet Beef With Lentils

T·S

Serves 6-8

Bring 1 qt. water to boil in saucepan.

Add:

1½ c. lentils, rinsed

Cook 20 minutes. Drain, reserving liquid.

In deep skillet, sauté:

2 T. margarine or butter

2 medium onions, chopped

1 clove garlic, minced

Stir in:

1 lb. ground beef

Brown well. Dissolve in 2½ c. reserved liquid:

2 beef bouillon cubes

Add liquid to meat mixture; cover and simmer 10 minutes.

Stir in:

reserved lentils

2 T. long-grain rice

1 t. sugar

1 t. salt

1 t. ground cumin

½ t. pepper

Bring to boil, reduce heat, cover, and simmer 30 minutes, or until lentils and rice are tender and liquid is absorbed (add more liquid if necessary). Check seasonings and stir in:

1 T. cider vinegar

Top with parsley sprinkle.

Ellen Longacre, Bally, Pa.

.....

Lentil-Barley Stew

Serves 6

Sauté in large pan:

¼ c. margarine

¾ c. chopped celery

¾ c. chopped onion

Add:

6 c. water

¾ c. lentils

Cook 20 minutes. Add:

1 qt. tomatoes, canned

¾ c. barley or brown rice

2 t. salt

¼ t. pepper

½ t. rosemary

½ t. garlic salt

Simmer 45-60 minutes. Add:

½ c. shredded carrots

Cook 5 minutes, and serve.

Option:

Brown ¾ lb. boneless pork shoulder, diced, then add celery and onion and sauté until golden, omitting margarine. Proceed with recipe as given.

S. V. Martin, Duchess, Alta.

Frances Lehman, Goshen, Ind.

*Although it looks
like a production,
Kusherie is surprisingly easy
to make
and contains high-quality protein.
In Egypt plain yogurt
is served as a side dish.*

.....
Kusherie
(Egyptian Rice and Lentils)

Serves 6-8

Rice and Lentils:

Heat in heavy saucepan or covered skillet:

2 T. oil

Add:

1½ c. lentils

Brown lentils over medium heat 5 minutes, stirring often.

Add:

3 c. boiling water or stock

1 t. salt

dash pepper

Cook uncovered 10 minutes over medium heat.

Stir in:

1½ c. rice

1 c. boiling water or stock

Bring to boil, reduce heat to low, cover, and simmer 25 minutes without stirring.

Sauce:

In a saucepan, heat together:

¾ c. tomato paste

**3 c. tomato juice, tomato sauce,
or pureed tomatoes**

1 green pepper, chopped
chopped celery leaves

1 T. sugar

½ t. salt

1 t. cumin

**¼ t. cayenne pepper or
crushed chilis to taste**

Bring sauce to boiling, reduce heat, and simmer 20-30 minutes.

Browned Onions:

Heat in small skillet:

2 T. oil

Sauté over medium heat until brown:

3 onions, sliced

4 cloves garlic, minced

To serve, put rice-lentil mixture on a platter. Pour tomato sauce over. Top with browned onions.

Option:

Omit the sauce (but not the browned onions) and serve with plain yogurt.

Carolyn Yoder, Cairo, Egypt



Bean, Soybean, and Lentil Discoveries



Use soybeans in a chili recipe and reduce ground beef to just enough for flavoring, using all soybeans or half kidney and half soybeans.

—Clara Brenneman,
Waynesfield, Ohio

—Virginia Birky, Salem, Ohio

Savory Baked Soybeans

T·S

Serves 6

300°

3 hrs.

TS—Needs time not attention

Soak overnight or by quick method:

2 c. dry soybeans

2 qts. water

Cook slowly 3 hours, or until tender.

Preheat oven to 300°.

Combine with beans:

2 c. tomato sauce

1 large onion, chopped

**1 green pepper, chopped
(optional)**

1 clove garlic, minced

1 t. dry mustard

2 t. chili powder (optional)

2 t. salt

¼ t. pepper

2 T. dark molasses

3 strips bacon, diced, or ¼ lb.

diced smoked sausage or ham

Bake in large uncovered casserole 3 hours, adding water if necessary. Stir occasionally.

Options:

Use electric slow cooker.

Bake at 375° for 40 minutes—won't have slow-baked flavor, but still a good dish.

Mabel Kreider, Lancaster, Pa.
Estelle Krabill, Hesston, Kan.
Kathryn Seem, Emmaus, Pa.

Soybean Loaf

Serves 6

350°

1 hr.

Preheat oven to 350°.

Combine in large bowl:

**2½ c. soybeans, cooked and
mashed**

½ c. cottage cheese

**½ c. fresh or cooked tomatoes,
drained and chopped**

2 eggs

2 T. oil

1½ t. salt

½ c. bread crumbs

Mix well. Form into loaf and place on greased baking pan.

Pour over:

**1 10-oz. can cream of mushroom
soup OR equivalent sauce,
see p. 118.**

Bake 1 hour.

Options:

Add herbs to taste—thyme, oregano,
chopped parsley.

Add finely chopped onions and celery.

Substitute 1 c. mashed potatoes (no milk
added) for 1 c. soybeans.

Use a tomato or creole sauce to replace
mushroom sauce.

Goshen College Dining Hall
Alternative Line, Goshen, Ind.
Genevieve Buckwalter, Osahigawa, Japan

Cook fresh green soybeans with sautéed onion, a little bacon, and canned tomatoes for a savory vegetable dish.

—Lois Weaver, Lancaster, Pa.

*Recommended to us
by William Snyder,
MCC Executive Secretary,
who was served
this casserole
in Doreen Snyder's home.*

Soybean Hamburger Casserole

Serves 6
350°
45 min.

Preheat oven to 350°.

Sauté in large heavy skillet:

2 T. cooking oil

½ c. onion, chopped

1 c. celery, chopped

**¼ c. green pepper, chopped
(optional)**

¼-½ lb. hamburger

When meat is brown, stir in:

1 t. salt

⅓ t. pepper

½ t. seasoned salt

2½ c. cooked soybeans

**1¼ c. tomato soup, tomato sauce,
or stewed tomatoes**

1 beef bouillon cube, dissolved in

1 c. hot water

2 c. cooked rice

Heat and simmer a few minutes. Place in greased casserole and bake 45 minutes.

Remove from oven and top with:

**½ c. grated cheese or cheese
slices**

Return to oven a few minutes until cheese has melted.

Doreen Snyder, Waterloo, Ont.

Cook fresh green soybeans in the pod about 10 minutes. Give each person a plate with a generous pat of butter and dash of soy sauce. Procedure for eating: Pick up a hot soybean pod with fingers, dunk in butter and soy sauce, shell inside the mouth, then discard pod. Share this delightful finger-lickin' experience with a few other people at a picnic table to celebrate a good summer of gardening.

—Dwight Platt, Newton, Kan.

Soybean Casserole

Serves 6
350°
45 min.

Preheat oven to 350°.

Sauté in heavy saucepan about 5 minutes:

5 T. oil

2 c. chopped celery

¼ c. chopped onion

2 T. chopped green pepper

Add:

⅓ c. flour

Cook and stir until bubbly. Add:

2 c. milk

1 t. salt

Bring to boiling point, stirring constantly.

Add:

**2 c. mashed or chopped cooked
soybeans**

Pour mixture into greased casserole.

Cover with:

**1 c. whole wheat bread crumbs
or ¼ c. wheat germ**

Bake 45 minutes or until brown.

Options:

Use fresh green soybeans instead of dried cooked beans. Leave whole or mash as desired.

Add 1 c. grated cheese to white sauce.

Eleanor Kaufman, Newton, Kan.

Irene Claassen, Holmesville, Neb.

*Use as a main dish—
contains 20 gr. protein per serving.
Tested and enjoyed
in Goshen College Dining Hall
Alternative Line.*

Fresh Soybean-Cheese Casserole

Serves 4-6

375°

45 min.

Preheat oven to 375°.

Sauté in heavy saucepan:

1 medium onion, diced

¼ c. margarine

When onion is soft, add:

**2 c. fresh green soybeans,
precooked**

1 c. evaporated milk

½ t. Tabasco sauce

1 t. salt

Cook, stirring, until heated through.

Remove from heat and stir in:

3 eggs, slightly beaten

Pour half of mixture into a greased
casserole. Layer with half of:

1 c. shredded cheddar cheese

Repeat with rest of beans and top with
remaining cheese.

Sprinkle over all:

12 saltines, crushed

Bake 45 minutes.

Mary Lou Houser, Lancaster, Pa.

Soybean Pie

Serves 4

350°

25 min.

Soak overnight, or by quick method:

1 c. soybeans

3 c. water

Cook slowly 3-4 hours. Drain beans.

Heat in skillet:

1 T. oil

Sauté about 5 minutes:

1 medium-size onion, chopped

1 clove garlic, minced

drained soybeans

Add:

1 c. tomato sauce

2 t. chili powder

2 t. Worcestershire sauce

salt and pepper to taste

Simmer mixture while preparing
cornmeal crust:

Preheat oven to 350°.

Combine:

½ c. cornmeal

½ c. flour

1 t. salt

Cut in:

1 T. shortening

Beat together:

1 egg

¼ c. water

Add to cornmeal mixture. Press into 9"
pie plate.

Fill pie with soybean mixture. Top with:

½ c. grated cheese

Bake about 25 minutes.

Option:

Soybeans may be ground or mashed if
desired.

Susan Hurst, Bowmansville, Pa.

Beans and Toast: *Butter a slice of toast and cut in small pieces. Heat kidney beans, sauce and all, salt to taste, pour over and eat. (Complementary protein.)*
—Karen Roth, Wellesly, Ont.

Combine cooked beans, minced watercress, sweet pickle relish, and mayonnaise. Spread between slices of whole wheat toast and add a lettuce leaf. Or add chopped onions and diced cheese, spread mixture on hamburger buns, and broil until bubbly. (Complementary protein.)
—Verna Shelly, Brewton, Ala.

Serve as a side dish with rice, or fill into tortilla shells and top with shredded lettuce, chopped tomatoes, and more cheese.

.....
**Refried
Soybeans**

T·S

Serves 4

.....
**Soybean
Souffle**

Serves 6

325°

45 min.

Heat in skillet:

¼ c. oil

Add and sauté:

1 onion, chopped

1 clove garlic, minced

When onion is soft, add:

2 c. cooked soybeans, mashed

1-2 t. chili powder

salt to taste

Cook in oil, stirring often; when oil is absorbed, sprinkle with:

**¾ c. shredded cheddar or
Jack cheese**

Let stand covered until cheese is melted.

Alice and Willard Roth, Elkhart, Ind.

Preheat oven to 325°.

Combine in heavy saucepan:

**3 c. warm soybean pulp (drained
cooked soybeans forced
through food mill)**

4 egg yolks

Stir together and heat gently, until mixture is slightly thickened. Do not allow to boil.

Stir in:

2 T. grated onion

2 T. chopped parsley

½ t. thyme

¼ t. marjoram

1 t. salt

dash pepper

Beat until stiff but not dry:

4 egg whites

Fold egg whites into soybean mixture. Pour into a well-buttered 1½ qt. baking dish. Bake 45 minutes, or until set.

Option:

Soybeans, egg yolks, onion, and herbs may be whirled together in blender to puree beans. Stop blender several times and push mixture into blades.

Lois Hess, Columbus, Ohio

Make your favorite spaghetti sauce using lentils in place of ground beef. Small and dark, they're a good stand-in for meat and give the sauce a nice texture. Sauté onions and garlic in oil, then add lentils, tomato ingredients, seasonings, and cook 30 to 45 minutes until lentils are tender. Lentils will absorb some liquid so make the sauce a little thinner than usual. Serve over cooked spaghetti. (Complementary protein.)
—Bonnie Krehbiel, Madison, Wis.

Combine fresh green soybeans with corn for a new version of succotash. (Complementary protein.)

I grind soybeans to make soy flour on our hand grinder and use it for 1/6 to 1/4 of the flour in bread recipes.
—Marianne Miller, Topeka, Kan.

Not intended as a main dish—rather as a tangy sweet-sour accompaniment to an otherwise bland meal.

Sweet and Sour Soybeans

T.S

Serves 4

Combine in a bowl and set aside:

- 1 T. cornstarch
- ¼ c. firmly packed brown sugar
- ¼ t. ground ginger
- 2 T. soy sauce
- ¼ c. vinegar
- ½ c. pineapple juice, drained from chunks (see below)

Heat in large skillet:

- 2 T. oil

Add:

- 1 c. green pepper, cut in 1" pieces
- 1 c. onion, cut in wedges
- ½ c. carrots, cut in ¼" slices
- 1 clove garlic, mashed

Stir-fry for about 3 minutes until tender-crisp.

Add:

- 2 c. cooked soybeans, drained
- 1 c. pineapple chunks, drained
- ½ c. tomatoes, cut in 1" cubes, or 2 T. ketchup

Fry a few minutes, then add sauce ingredients.

Cook and stir until mixture boils, and all ingredients are coated with sauce (about 2 minutes). Serve over hot rice. Garnish with chopped scallions if available.

Marinated Soybeans

T.S

Serves 6-8

Combine in a bowl:

- ¼ c. salad oil
- ⅓ c. cider vinegar
- ⅔ c. honey
- salt and pepper to taste

Add:

- 3 c. cooked soybeans, drained
- ¼ t. basil
- ½ t. garlic salt
- ½ t. oregano
- ½ c. chopped dill pickles (optional)
- ½ c. chopped celery
- ½ c. chopped onion or scallions
- ½ c. chopped parsley
- ½ c. chopped green pepper (optional)
- 1 clove garlic, minced

Mix well and chill several hours before serving.

*Mary Lou Houser, Lancaster, Pa.
 Anna Mary Brubacher, St. Jacobs, Ont.*

When the men combined our soybeans, I took large cans out and filled them for our eating. Lots of farm families don't know you can do this. I soak them, cook 3 to 4 hours until tender, and flavor with a little butter and milk. The boys eat them with ketchup and mustard.

—Rhoda King, Cochranville, Pa.

Add a small handful of lentils when cooking plain steamed rice—adds protein, texture, and flavor interest. Both cook in the same time. (Complementary protein.)

—Karin Hackman, Hatfield, Pa.

Musozya: Soak overnight in large kettle equal parts hominy, dried beans, and raw peanuts. Bring to boil, salt, and simmer 2 hours. Serve with fresh vegetables for a satisfying African meal. (Complementary protein.)

—Mary Olive Lady, Choma, Zambia

Soybean Sandwich Spread

Makes 3 c.

Combine in large mixing bowl:

- 1½ c. cooked, mashed soybeans
- ½ c. sunflower seeds
- ½ c. pureed tomatoes or tomato sauce
- ½ medium onion, finely chopped
- 1½ T. pickle relish
- 2 T. ketchup
- ½ c. wheat germ
- 1 t. salt
- ⅛ t. pepper
- ¼ t. thyme
- ¼ c. finely chopped celery (optional)

Mix well. Will keep in refrigerator several days. When ready to make sandwiches, add a little mayonnaise to desired consistency and spread a thick layer on whole wheat bread.

Lois Barrett, Wichita, Kan.

Basic Soybean Spread or Dip

Makes 2½ c.

Sauté in small skillet:

- 2 T. margarine
- 1 onion, finely chopped
- 1 clove garlic, minced
- 2 T. parsley, chopped

Combine in a bowl:

- 2 c. cooked soybeans, ground
- sautéed onion mixture
- 1 t. dried oregano
- 1 T. soy sauce
- ⅓ c. mayonnaise
- salt and pepper

Mix well. Add further ingredients to taste:

1. Bacon bits, chopped green pepper, chili powder.
2. Celery, mustard, and chopped hard-cooked eggs.
3. Pickle relish and ground ham or tuna.
4. Ground carrots and peanuts.
5. Grated cheese, sunflower seeds, and/or nuts.

Spread on whole wheat bread or toast and add leaf lettuce or bean sprouts if desired. Or use as dip with crackers or raw vegetable sticks.

Lois Hess, Columbus, Ohio
LaVonne Platt, Newton, Kan.

Soybean curd (tofu) is actually cheese made from soybean milk. A common food in Asia, it is available in North America only in Chinese groceries or health food stores. Contributor says, "This is a very flexible dish; use more meat and less bean curd at first and then gradually reverse it."

Soybean Curd Sauté

Serves 4

Sauté in skillet:

- 1 T. oil**
- ¼ c. chopped onion**
- 2 fresh red chili peppers, finely chopped (optional)**

Add:

- ¾ lb. fresh pork, sliced in small bite-sized pieces**

Stir-fry until meat is browned.

Add:

- 4 cakes (4x4") bean curd, cut into bite-size pieces**

Stir-fry briefly.

Add:

- 1 c. tomato sauce**
- ½ c. tomato paste**
- 2 T. soy sauce**
- 2 T. vinegar**
- 1-2 c. water (as needed for gravy-like consistency)**
- 2 c. frozen or lightly precooked green beans**

Simmer 15 minutes. Serve over hot steamed rice.

Jean Hershey, Pleiku, Vietnam

Gather Up the Fragments



1.

Mash leftover beans and heat according to Refried Beans recipe, p. 101. Serve with rice or tortillas. (Complementary protein.)

2.

Spread Refried Beans on toast, sprinkle with cheese, and broil until bubbly. (Complementary protein.)

3.

Spoon hot leftover beans over slices of bread and top with a strip of bacon. Loved by our children as "bean bread." (Complementary protein.)

—William Snyder, Akron, Pa.

4.

Combine leftover baked beans, cooked rice, and drained crushed pineapple plus ketchup, maple syrup, and dry mustard for flavoring. Heat together and serve. (Complementary protein.)

—Emma Brubaker, Harrisonburg, Va.

5.

Add curry powder, turmeric, and cumin to leftover split pea or lentil soup, simmer until somewhat thickened, and serve over rice. (Complementary protein.)

6.

Freeze leftover bean dishes in casseroles for convenient reheating later. Bake and carry to a potluck.

7.

For a quick spicy soup, add tomato juice and chili powder to any leftover beans or lentils.

8.

Add sautéed onions and green pepper and pineapple chunks to leftover baked beans. Bake until bubbly throughout.

—Jocele Meyer, Brooklyn, Ohio

9.

Slice leftover soybean loaf and fry slowly in margarine until brown and crisp. Serve with ketchup.

10.

Mash leftover beans and add to meat loaf.



main dishes and casseroles

Early American cookbooks devote few if any pages to main dishes and casseroles. Surely Grandmother often built meals around a kettle of beans or a hearty stew. German cooking has its homey "ein-topf" or one-pot meal. But the hamburger-noodle-mushroom soup mixtures so familiar today are newcomers on North American tables.

Main dishes and casseroles have a reputation for economy, but thrifty cooks, beware! If your so-called economy casserole uses a pound of meat for five servings plus a can of soup, sour cream, mushrooms, frozen vegetables, frozen onion rings, and grated cheese to top it off, you might fare more cheaply and nutritiously with meat loaf, baked potatoes, and buttered carrots. Nor are all casseroles a panacea for saving time. If three or more processes are to be done at stove-top before the creation goes to the oven, you may be putting in as much time as the average meat-potatoes-vegetable meal requires. Certainly you'll have as many pots to wash. Grandmother's beans or stew might have served you better.

Casserole recipes must be evaluated for what they involve. For example, some people reject old-fashioned gravy because it's too caloric but use commercial sour cream freely. Herb-seasoned stuffing mix is the latest fashionable casserole-topper, while in many homes stale heels mold in a corner of the breadbox.

Check again that casserole recipe everyone raved about at the

last potluck. Does it call for several costly convenience foods? Is it loaded with empty calories or is there real nutritive value in the ingredients? Does it duplicate expensive animal protein by using meat, cottage cheese, eggs, and grated cheese all in the same dish?

But let's not throw out all the casseroles. Their biggest bonus is advance cooking. You put a casserole in the oven, clean up the kitchen, and relax until mealtime with nothing more on your mind than making a salad and setting the table. Further this advantage by preparing an extra portion for the freezer, or have the dish again later in the week. A different menu every evening is as unnecessary as a different dress every morning.

Soups and Sauces

Contemporary casserole recipes all seem to call for a can of soup. Will future cooks be born, live, and die without knowing how to stir up a smooth white sauce? Will there finally be only three flavors identified at a carry-in dinner—cream of mushroom, cream of chicken, and cream of celery?

Buy a wire whisk and break the mushroom soup cycle. Save money and cans by returning to the basic five-minute white sauce. Variations are as infinite as the herbs and seasonings on your cupboard shelf and the cheeses, broths, and vegetables in your refrigerator. Try the white sauce mix recipe on p. 118.

Basic White Sauce

Thin Medium Medium-
Thick Thick

Melt in heavy saucepan:

margarine 1 T. 2 T. 3 T. 4 T.

Blend in, cooking and stirring until bubbly:

flour 1 T. 2 T. 3 T. 4 T.

salt ¼ t. ¼ t. ¼ t. ¼ t.

Using wire whisk to prevent lumps, stir in:

**milk, stock,
or combination**

1 c. 1 c. 1 c. 1 c.

Cook just until smooth and thickened. Makes slightly over 1 cup. Medium-thick compares to undiluted condensed soups, and makes approximately the same amount contained in one 10-oz. can.

Options:

Cheese Sauce: Add ½ c. grated nippy cheese and ¼ t. dry mustard.

Tomato Sauce: Use tomato juice as liquid; add dash each of garlic salt, onion salt, basil, and oregano.

Mushroom Sauce: Sauté ¼ c. chopped mushrooms and 1 T. finely chopped onion in margarine before adding flour.

Celery Sauce: Sauté ½ c. chopped celery and 1 T. finely chopped onion in margarine before adding flour.

Chicken Sauce: Use chicken broth or bouillon as half the liquid. Add ¼ t. poultry seasoning or sage, and diced cooked chicken if available.

Vary flavor with the following:

curry powder
garlic, onion, or celery salt
grated nutmeg
lemon juice
Worcestershire sauce
chili powder
chopped or blended
vegetables
chopped parsley
chopped chives
chopped hard-cooked eggs

White Sauce Mix

T·S

In a bowl, stir together:

1½ c. nonfat dry milk solids

¾ c. flour

1 t. salt

Cut in until mix resembles small peas:

½ c. margarine

Store in refrigerator.

To make white sauce:

Thin Medium Thick

Combine in saucepan:

white sauce mix ⅓ c. ½ c. ⅔ c.

cold water 1 c. 1 c. 1 c.

Cook and stir with wire whisk over medium heat until smooth and thickened. Vary as indicated for Basic White Sauce. Sauté onions, celery, or mushrooms in small amount margarine before adding white sauce mix and liquid. Makes slightly over 1 cup, or about 10 ounces.

*Joanne Lehman, Apple Creek, Ohio
Roberta Kreider, Osceola, Ind.*

▼ Main Dishes with Pasta

*Double or triple recipe
for freezing.*

.....

**Basic Spaghetti
or Pizza Sauce**

Makes about 1 qt.

Sauté in heavy saucepan until tender:

- 2 T. oil**
- 2 cloves garlic, minced**
- ½ green pepper, chopped**
- 1 onion, chopped**

Add and sauté until brown:

- ¼-½ lb. ground beef (optional)**

Add:

- 2 c. tomato sauce**
- ¾ c. tomato paste**
- 1 t. Worcestershire sauce**
- 1 c. stock, beef, broth, or bouillon**
- ¼ t. each oregano, basil, thyme,
and cumin**
- salt and pepper to taste**

Simmer over low heat for 1 hour.

Use for spaghetti, lasagne, or pizza
sauce.

Options:

Add 1 c. cooked lentils instead of meat.
See p. 105.

If available cheaply, add sautéed fresh
mushrooms to sauce just before serving.

Linda Albert, Visalia, Calif.

.....

**Lasagne
Roll-Ups**

Serves 7-8

350°

1 hr.

Cook and drain according to package
directions:

- 10 lasagne noodles**

Filling

Steam until limp:

- 2 bunches spinach, Swiss chard,
or turnip greens, finely
chopped**

Add and mix well:

- 2 T. grated Parmesan cheese**
- 1 c. cottage cheese**
- ½ t. nutmeg**

Topping

Prepare:

- 1 c. onions, sliced**
- 2 c. grated Muenster or
Jack cheese**

Sauce

Combine in a bowl:

- 4 c. tomato sauce**
- 2 cloves garlic, minced or crushed**
- ½ t. basil**
- ½ t. oregano**
- ½ t. marjoram**

Spread noodles with filling, roll up, and
stand on end in greased 9x13" baking
pan. Sprinkle cheese and onions on top.
Pour sauce over all. Bake at 350° for 1
hour.

Anne Rogers, East Petersburg, Pa.



Make a pie with leftover cooked spaghetti and meat sauce as follows: Mix spaghetti with a little melted margarine, Parmesan cheese, and a beaten egg. Form into "crust" in greased pie plate. Spread cottage cheese or grated cheese on crust. Pour in thick spaghetti sauce. Sprinkle with additional shredded cheese and bake at 350° for 20-30 minutes.

—Marcia Beachy, DeKalb, Ill.

Spaghetti With Zucchini Sauce

T.S

Serves 4-6

Sauté in large skillet:

¼ c. oil

1 medium onion, sliced

Add:

**2 medium zucchini, sliced
(about 6 cups)**

3 c. diced fresh tomatoes

½ t. salt

1 bay leaf

¼ t. pepper

¼ t. basil leaves

¼ t. oregano leaves

Simmer covered for 15 minutes; uncover, simmer 10 minutes. Discard bay leaf.

Cook according to package directions:

8 oz. spaghetti

Serve spaghetti topped with zucchini sauce and grated Parmesan cheese.

Eleanor Hiebert, Elkins Park, Pa.

Spaghetti And Cheese

Serves 4

Preheat oven to 350°.

Cook and drain as directed on package:

8 oz. spaghetti or noodles

Place in a greased casserole dish.

Sprinkle with:

¾ c. grated cheese

Combine and beat together

½ c. milk

1 egg, beaten

½ t. dry mustard

½ t. salt

dash pepper

Pour over spaghetti and cheese.

Bake 25-30 minutes. Cover first 15 minutes, then uncover to brown. Garnish with parsley. Serve with broiled tomato halves or fresh sliced tomatoes sprinkled with herbs.

Bobbie Wilcox, LaVeta, Colo.

Cook separately: rice, fresh or frozen peas, and cheese sauce. When cooked, combine rice and peas and serve with sauce. I remember this dish from the cafeteria at Eastern Mennonite College, but never could find it in a cookbook. That might be because it's so easy!

—Dolores Bauman,
Lancaster, Pa.

Lasagne is popular but expensive since it calls for ground beef plus several cheeses. Lasagne's unique flavor is the blend of cheeses and herbs; omit ground beef from the tomato sauce and you still have a delicious high-protein Italian specialty.

—Bonnie Zook, Leola, Pa.
—Danita Laskowski,
Goshen, Ind.

A program on world hunger motivated contributor to invent her own economical skillet dinner.

Hamburger Helper— Home-Style

T·S

Serves 4

Brown in a skillet:

¾ lb. ground beef
1 t. salt
½ t. pepper

Add:

1 T. finely chopped onion
1 stalk chopped celery
¼ c. frozen or canned peas
⅔ c. fresh or canned tomatoes,
chopped

While beef is browning, cook in salted water:

1 c. crinkly noodles

Drain noodles and spread over meat mixture. Sprinkle over all:

1½-¾ c. shredded cheese
OR ½ c. grated Parmesan
cheese

Simmer uncovered 15 minutes to blend flavors. Serve from skillet.

Marie L. Berg, Hillsboro, Kan.

Spanish Noodle Skillet

T·S

Serves 3-4

Cut into 1" pieces and fry until crisp:

2 slices bacon (optional)

Set aside. Sauté in bacon drippings:

½ onion, chopped
½ green pepper, chopped
½ lb. ground beef

Pour off any excess fat. Add:

1 t. salt
dash pepper
¼ t. oregano
2 c. pureed or stewed tomatoes
¾ c. water

Cover and simmer 10 minutes. Bring to a boil and add, a few at a time:

1½ c. egg noodles

Reduce heat, cover, and simmer 10 more minutes. Stir occasionally. Top with reserved bacon and serve.

Options:

Omit bacon. Sauté vegetables with ground beef, adding a little oil if beef is dry.

Stir in ¾ c. shredded cheese with noodles. Top with ¼ c. additional cheese just before serving.

Bonnie Sharp, Lancaster, Pa.
Martha Charles, Indiana, Pa.

Combine cooked green beans and diced cooked chicken and bake as an au gratin dish (see p. 220) topped with buttered bread cubes and grated cheese.

**—Bonnie Sharp,
Lancaster, Pa.**

Brown a little ground beef with onions, then add a variety of chopped fresh or frozen vegetables and tomatoes or tomato juice for liquid. Season with salt, pepper and herbs as desired. Cook just until vegetables are tender. See Garden Stew, p. 46.

—Helen Alderfer, Scottdale, Pa.

—Marcia Beachy, DeKalb, Ill.

**Contributor says,
"At our house
this has been added to
and subtracted from
all down the list,
but it helps with guests
and we find they like it."**

.....
**Meat and Noodle
Skillet**

T.S

Serves 6

In large skillet, brown lightly:

½ lb. ground beef

½ lb. pork sausage

Add:

1 onion, sliced

1 clove garlic, minced

1½ t. salt

⅓ t. pepper

1 t. crushed dried basil leaves

¾ c. tomato paste

3 c. water

**1 can mushroom stems and pieces
(undrained)**

Stir well. Add:

2 c. wide noodles

Bring to a boil; reduce heat. Cover and simmer 15 minutes or until noodles are tender, stirring gently two or three times with a fork. Before serving, stir in:

3 T. crumbled blue cheese

¼ c. chopped walnuts

Serve from skillet.

Ruth Ressler, Sterling, Ohio

.....
**Macaroni
Tomato Pie**

T.S

Serves 4

350°

20 min.

Cook and drain according to package directions:

1 c. macaroni

Grease a 9" pie plate and line sides and bottom with macaroni. Pour into macaroni shell:

2 c. stewed tomatoes

Season with:

¼ t. pepper

dash of oregano

1 t. salt

Sprinkle over top:

¼ c. shredded cheddar cheese

¼ c. buttered bread crumbs

Bake at 350° for 20 minutes or until crumbs are brown.

Option:

Brown and season ¼ lb. ground beef.
Add to pie just before shredded cheese.

Mary Ella Weaver, Lititz, Pa.

Save energy by using an electric skillet for casserole-type meals instead of heating the oven.

—Grace Anders, Souderton, Pa.

For a quick main dish, add a little browned ground beef or chopped leftover meat when making raw fried potatoes.

—Roberta Kreider,
Osceola, Ind.

Layer browned ground beef with lightly cooked cabbage into casserole. Cover with white sauce and bread crumbs and bake until bubbly.

—Miriam LeFever,
East Petersburg, Pa.

*Contains 15 grams
high-quality protein
per serving,
and is relatively low
in calories.*

Cottage Cheese Casserole

Serves 8

350°

40 min.

Sauté in a large skillet:

2 T. margarine

½ c. chopped mushrooms

½ c. chopped onion

½ c. chopped celery

1 clove garlic, minced

Stir in:

¼ t. marjoram, crushed

4½ c. water

¾ c. tomato paste

4 c. elbow macaroni

2 t. salt

1 t. sugar

Simmer until macaroni is tender, about 25 minutes.

Have ready:

¼ c. parsley, chopped

2 c. cottage cheese

½ c. grated Parmesan cheese

Put half of the macaroni mixture in a greased 2 qt. casserole dish. Top with 1 c. cottage cheese and ½ of Parmesan cheese and parsley. Repeat layers. Bake at 350° for 40 minutes.

Selma Johnson, North Newton, Kan.

Tangy Tuna-Mac

Serves 3-4

350°

30 min.

Cook and drain according to package directions:

1 c. elbow macaroni

Add and stir to combine:

1 7-oz. can tuna, drained

1 c. tomato sauce

½ c. cottage cheese

¼ c. yogurt or sour cream

1 small onion, minced

½ t. salt

Pour into greased casserole.

Toss together:

¼ c. bread crumbs

1 T. melted margarine

Sprinkle around border of casserole.

Bake at 350° for 30 minutes.

Rosemary Moyer, North Newton, Kan.

.....

Chicken-Cheese Casserole

Serves 6

350°

45 min.

Cook and drain according to package directions:

¾ lb. noodles

Sauté in a skillet:

5 T. margarine

1 small onion, chopped

3 T. chopped green pepper

½ c. sliced mushrooms (optional)

Add:

5 T. flour

Cook and stir until bubbly.

Add:

1½ c. chicken broth

1½ c. milk

½ t. dry mustard

salt and pepper to taste

Cook, stirring until thickened.

Combine:

white sauce

cooked noodles

3 c. cooked chicken or turkey

Put in greased casserole dish and top with:

¾ c. shredded cheese

buttered bread crumbs

Bake at 350° for 45 minutes.

Mona Sauder, Wauseon, Ohio

Marjorie Geissinger, Zionsville, Pa.

.....

Anna Lou's Broccoli-Tuna Casserole

Serves 6

350°

20-25 min.

Cook in boiling salted water until barely tender:

2 lb. broccoli, cut in spears

Combine in saucepan:

1 9-oz. can tuna

**1 10-oz. can mushroom soup or
equivalent sauce (see p. 118)**

½ c. milk

½ c. grated cheese

Heat until almost boiling. Place layer of cooked broccoli in shallow greased casserole. Cover with layer of tuna mixture. Repeat.

Sprinkle with:

½ c. grated cheese

Bake at 350° for 20-25 minutes.

Rosemary Moyer, North Newton, Kan.

▼ Main Dishes with Rice

In the short term, there is probably nothing anyone can do to forestall mass starvation in some rice-dependent areas. But the very least we can do is to take a symbolic stand and cook rice with reverence, taking care that each precious grain swells to its fullest but stays firm and separate from the rest. Perhaps we could even inaugurate our own rice ritual: a moment of silence for those who are not getting enough.

—Raymond Sokolov

How to cook perfect rice? So many North Americans who knew rice only as pudding during childhood ask this question.

The food industry tried to answer it by giving us minute rice. I have never understood the advantages of that food, which to me is expensive, takes more last-minute fiddling than ordinary rice, and is supremely tasteless. It takes exactly 25 minutes to prepare ordinary rice, and seldom can I manage to fix anything to serve with it and complete other meal preparations in less time than that. And during the last 20 minutes ordinary rice requires no attention at all—in fact, tampering with it is forbidden!

Basic Steamed Rice

Serves 6

Combine in heavy saucepan:

1½ c. rice

½ t. salt

Just enough water to rise above rice level to a depth of one inch; Asians measure using index finger from tip to middle of first knuckle.

Over high heat, bring to a full rolling boil. Stir through with a fork, loosening grains at the bottom of the pan. Reduce heat to simmer, cover with tight-fitting lid, and *do not stir or peek* for 20 minutes. (If electric burner stays too hot and causes rice to boil over, pull saucepan partially off the burner for first 5 minutes of cooking time.) After 20 minutes, turn off heat and let rice stand covered until ready to serve. Flake gently while transferring to serving dish. Yields a tender but slightly chewy dry rice with no gluey moisture at the bottom.

Options:

Measure 1⅓ c. water to 1 c. rice. Use cooking method above, but reduce water when cooking large quantities.

Use brown rice but increase cooking time to 45 minutes.

Omit salt if serving rice with salty or spicy side dishes.

Baked Rice

Preheat oven to 350°.

Combine in covered casserole:

2 c. hot water

1 c. rice

½ t. salt

1 T. margarine

Cover and bake 45 minutes or longer for large quantities.

Reheating Rice

Place rice in heavy saucepan and sprinkle with about 1 T. water per cup of cooked rice. Heat, covered, over very low heat 20-30 minutes. Stir lightly several times with a fork.

*Contributor says,
 "Our children like this
 with gravy made from broth
 bought from the MCC meat
 canner. Serve with a
 tossed salad and/or vegetables
 and homemade whole wheat
 bread."*

*The sharper the cheese,
 the tastier the loaf.*

Savory Rice

Savory Rice Loaf

T-S

Serves 6-8

Serves 6

350°

1 hr.

Combine in large heavy saucepan:

- 4 c. rice**
- 1 t. salt**
- 1 T. dry parsley and/or dried
celery leaves**
- 2 t. whole thyme or 1 t. powdered
thyme**
- ¼ t. coarse ground black pepper**
- 2 T. finely chopped onion**
- 2 T. finely chopped green pepper**
- 3 beef bouillon cubes, dissolved in
7 c. water**

Bring to a boil; cover and reduce heat to
 simmer. Cook 20-25 minutes without
 stirring or peeking.

Dorothy Slagell, Hydro, Okla.

Grease loaf pan (9x5x3"). Line bottom
 with waxed paper.

Toss together lightly in mixing bowl:

- 3 eggs, slightly beaten**
- 1½ c. cooked rice**
- 1½ c. grated cheese**
- ½ c. fine dry bread crumbs**
- ¼ c. chopped celery**
- 2 T. chopped onion**
- 2 T. chopped parsley**
- 2 T. chopped green pepper**
- ¾ t. salt**
- 1 c. milk**
- ¼ c. melted margarine**

Pour into loaf pan. Place pan in baking
 dish which contains 1" hot water. Bake at
 350° for 1 hour or until loaf is set in center.
 Loosen loaf around edge with spatula;
 turn out onto platter. Remove paper.
 Serve with tomato or mushroom sauce
 (see p. 118).

Lois Hess, Columbus, Ohio

To obtain coconut milk, whirl in blender chunks from one fresh coconut with coconut liquid and 2 c. hot water. Let cool to lukewarm. Strain and press out liquid for this recipe and use remaining grated coconut in baking.

**Coconut
Rice**

Serves 4

Heat in heavy saucepan:

2 T. oil or margarine

Add:

½ c. chopped onion

2-3 whole cloves

2-3 cinnamon sticks

2-3 bay leaves

Fry until onions are lightly browned.

Add:

¼ t. ground saffron or tumeric

¼ t. salt

Fry a few seconds.

Add:

1 c. rice

2 c. coconut milk (see above)

Bring to a boil, reduce heat, cover, and cook 30 minutes. If desired, whole spices may be removed before serving and a few raisins, cashews, or walnuts added.

Doris Devadoss, Calcutta, India

*Contributor says,
"Liza, who came to us in 1966
from France through MCC's
Exchange Visitor Program,
introduced this family favorite."*

**Liza's Tomato Sauce,
Rice and Eggs**

Serves 6-8

T-S

Prepare:

hot cooked rice for 6-8 people

(see p. 125)

1 hard-boiled egg per person

Tomato sauce

Sauté in heavy saucepan:

3 T. margarine

1 onion, finely chopped

Blend in:

4 T. flour

Add:

4 c. tomato juice

1½ t. salt

2 t. sugar

chopped parsley

1 beef bouillon cube

dash pepper

Cook, stirring until thickened. Simmer 5 minutes. Serve over hot rice and garnish with sliced eggs.

Gladys Rutt, New Holland, Pa.



Broccoli Rice

Serves 4

350°

45 min.

Cook ½ c. rice (see p. 125), or have ready 1½-2 c. leftover rice.

Sauté in small skillet:

¼ c. margarine

1 onion, chopped

Add:

2 c. chopped broccoli, cooked and drained

¾ c. grated cheese

½ c. milk

cooked rice

Bake in covered casserole at 350° for 45 minutes.

Becky Harder, Mt. Lake, Minn.

Brown Rice Skillet

Serves 4-6

Heat in skillet to boiling:

3 c. water

1 T. instant chicken bouillon or 2 cubes

Stir in:

1 c. brown rice

Cover skillet, reduce heat to low, and simmer 45 minutes.

Hard-boil:

4-6 eggs

Sauté in small skillet:

2 T. margarine

½ c. sliced mushrooms

2-4 scallions, sliced

When rice is done, stir in:

hard-boiled eggs, chopped

1 c. water chestnuts, drained and sliced (optional)

sautéed vegetables

Heat through. Serve with soy sauce.

Bonnie Krehbiel, Madison, Wis.

Rice Guiso

Serves 3-4

T-S

Heat in heavy saucepan or covered skillet:

1 T. oil or trimmed meat fats

Add:

¼-½ lb. pork or beef, cut in small cubes

Brown well. Add:

1 onion, chopped

1 c. rice

1 t. salt

½ t. pepper

Sauté briefly. Add:

1¾ c. water

2 T. tomato paste (optional)

Cover, lower heat, and cook very slowly about 30 minutes or until rice is tender.

Myrtle Unruh, Philadelphia, Paraguay

**Meat and cottage cheese
together yield
a high-protein dish.**

.....
**Pizza Rice
Casserole**

Serves 6

325°

30 min.

Cook:

**2/3 c. rice (see p. 125) or have
ready 2 c. leftover rice**

Brown in large skillet:

**3/4 lb. ground beef
1 onion, chopped**

Add:

**2 c. tomato sauce
1/4 t. garlic salt
1 t. sugar
1 t. salt
dash pepper
1/4 t. oregano
1 t. parsley flakes**

Cover and simmer 15 minutes.

Combine:

**1 1/2 c. cottage cheese
cooked rice**

Put 1/3 of rice mixture in a buttered 2 qt. casserole. Top with 1/3 of meat-tomato sauce. Continue to alternate layers, ending with tomato sauce. Sprinkle with:

1/2 c. shredded cheese

Bake at 325° for 30 minutes, or until hot and bubbly.

Myrna Schmidt, Lakewood, Colo.

.....
**Rice with Cheese
And Tomatoes**

T.S

Serves 6

Cook:

**1 c. rice (see p. 125) or have
ready 3 c. leftover cooked rice**

Sauté:

**3 T. fat or oil
1 medium onion, chopped
3 stalks celery, chopped
1 green pepper, chopped**

Add:

**2 c. cooked tomatoes
cooked rice
2 c. shredded cheese
1 t. salt
dash pepper**

Cover and simmer until cheese is melted.

Susan Holland, Hillsboro, Kan.

*Use oven method for cooking rice when oven is already hot for other purposes.
See p.125.*

.....
**Vietnam
Fried Rice**

T.S

Serves 4

Cook 1 c. rice (see p. 125) or have ready 3 c. leftover rice.

Heat in large skillet:

4 T. cooking oil

Add:

**¼-½ lb. any cooked or raw meat,
cut into thin strips**

3 cloves garlic, minced

1 large onion, chopped coarsely

1 t. salt

1 t. pepper

1 t. sugar

1 T. soy sauce

Stir-fry until meat is tender and hot, about 1-2 minutes.

Add:

3 c. cooked rice

Stir-fry 5 minutes. Add:

**1 c. leftover or frozen vegetables,
such as peas, green beans,
or carrots**

Stir well into rice-meat mixture.

Just before serving, add:

2 eggs, beaten

Over medium heat, stir carefully through rice until eggs are cooked. Serve piping hot with salad of leaf lettuce, cucumbers, fresh mint and parsley.

Pat Hostetter Martin, Quang Ngai, Vietnam

.....
**Kay's
Japanese Rice**

Serves 5-6

Cook according to directions on p. 125:

1½ c. rice

Prepare:

**2-3 carrots, cut in long thin strips
2 onions, sliced very thin and
separated into rings**

**½ lb. raw or cooked meat
or seafood, cut in thin strips**

When rice is nearly done, heat a skillet and add:

**2 T. margarine or oil
meat, if raw
prepared vegetables
salt and pepper**

Stir-fry quickly just until vegetables are crisp-tender and meat is cooked. If using cooked meat, add at the last minute just to heat through. Put mixture in serving dish. Keep warm.

To hot skillet, add:

1 T. margarine or oil

Beat together:

2 eggs

1 T. milk

½ t. salt

Pour egg mixture in skillet and allow to spread out. When partially firm, turn like a large pancake and cook briefly on second side. Remove from skillet, roll up, and cut into thin strips. Add egg strips and vegetable mixture to hot rice. Stir gently to combine and return to serving dish. Serve with soy sauce.

Option:

Add 1-2 c. bean sprouts with vegetables.

Marjorie Stucky, Murdock, Kan.

.....

Nasi Goreng (Indonesian Fried Rice)

Serves 10-12

Cook 4 c. rice without salt, according to directions on p. 125.

Heat in large skillet:

6 T. oil

Sauté until golden brown:

2 large onions, chopped

Add and sauté for 1 minute:

½ t. black or white pepper

1 t. paprika

1 t. garlic powder

1 t. ground coriander

1 t. cumin

1 t. tumeric

2 t. laos (Java galingale root)

½ t. sereh powder (lemon grass or citronella)

2½ t. salt

Tabasco, dried chili pepper flakes or fresh hot pepper to taste

While preparing the above, sauté in separate skillet:

1 lb. ground beef, cubed raw chicken, cubed raw pork or small shrimp

Add cooked rice and sautéed meat to spice mixture.

Sauté over low heat, stirring occasionally, to blend flavors (about 10 minutes).

Beat with fork in small bowl:

4 eggs

½ t. salt

dash pepper

Using skillet in which meat was fried, fry eggs in several thin layers, turning each layer once and rolling each as you take it from the skillet. Cut each roll into strips ⅛" wide.

Serve fried rice on a large platter. Put strips of egg on top and garnish with radishes, cucumber wedges, and parsley.

Option:

Sereh powder and laos can be omitted but the dish loses some of its Spice Island authenticity. Check availability in Chinese grocery stores.

Jean Miller, Akron, Pa.

*It's just an easy
hamburger curry—
so quick and so good.*

.....

Pakistani Kima

T.S

Serves 5-6

Sauté in skillet:

3 T. butter or margarine

1 c. chopped onion

1 clove garlic, minced

Add:

1 lb. ground beef

Brown well. Stir in:

1 T. curry powder

1½ t. salt

dash pepper

dash each cinnamon, ginger, and tumeric

2 c. cooked tomatoes

2 potatoes, diced

2 c. frozen peas or green beans

Cover and simmer 25 minutes. Serve with rice.

Ann Naylor, Ames, Iowa

.....

Hamburger Casserole

Serves 6

325°

2 hrs.

Combine in casserole with cover:

- 1 lb. hamburger**
- 1 c. uncooked rice**
- 1 c. diced carrots**
- 1 c. onions, finely chopped**
- 2 10-oz. cans tomato soup**
- OR equivalent sauce**
- (see p. 118)**
- 1 t. salt**
- pepper to taste**
- 2 c. boiling water**

Cover and bake at 325° for 2 hours.

Options:

Substitute 1 qt. tomato juice for tomato soup and water.

Sprinkle with 1/3 c. grated cheese 10 minutes before removing from oven.

Verna Wagler, Baden, Ont.
Fran Sauder, Lancaster, Pa.

.....

Pork Sausage Casserole

Serves 6-8

350°

1 hr.

Brown in a skillet:

- 1 lb. bulk pork sausage**
- 1 onion, chopped**

Drain excess fat.

Add:

- 2 c. raw long-grain rice**
- 1 c. chopped celery**
- 1/2 c. chopped onion**
- 1/2 t. poultry seasoning**
- chopped parsley**
- 3 1/2 c. boiling chicken broth**
- salt and pepper**

Bake at 350° for 1 hour.

Elsie Epp, Marion, S.D.
Mary Lou Houser, Lancaster, Pa.

.....

Mandarin Rice Bake

Serves 6

350°

1 hr., 15 min.

Place in greased 2 qt. casserole:

- 3/4 c. raw rice**
- 1 1/2 c. boiling water**
- 1/2 t. salt**

Add over rice:

- 1 1/2-2 c. cubed ham or other leftover meat**
- 1 1/2 c. chopped celery**
- 1 c. chopped onion**
- 1/2 c. chopped green pepper**
- 1/4 c. chopped pimiento (optional)**

Stir in:

- 1 can condensed cream of chicken or mushroom soup OR equivalent sauce, (see p. 118)**
- 2 T. soy sauce**

Cover; bake at 350° for 1 hour and 15 minutes.

Evelyn Bauer, Goshen, Ind.

*You'll stand over the stove,
but not for long;
the result has no comparison
in texture and flavor
with what comes from a can!*

.....
**Quick
Chop Suey**

T.S

Serves 4-6

Cook rice according to directions on p. 125.

Sauté together:

½ lb. ground beef

1 onion, sliced

¾ c. celery, sliced

Add:

**2 c. canned (drain) or 3 c. fresh
bean sprouts**

1 c. beef or chicken broth

½ c. sliced mushrooms (optional)

Cover skillet. Simmer 5 minutes.

Combine:

1 T. cornstarch

2 T. soy sauce

Add to beef mixture, stirring constantly.

Cook until thickened and smooth.

Serve over hot rice.

Option:

Diced leftover beef, pork, or chicken may replace ground beef. Sauté onion and celery in 2 T. oil. Add meat during last 10 minutes just to heat through.

Helen Hiebert, Winkler, Man.

.....
Chow Mein

Serves 6-8

Cook rice according to method on p. 125.

Prepare and have ready:

**1 lb. pork, beef, chicken, or
shrimp, cut in thin slices**

3 c. celery, sliced diagonally

2 c. onions, sliced lengthwise

**¾ c. mushrooms, fresh or canned
(drain)**

3 c. fresh bean sprouts

Combine in a small bowl and set aside:

1 T. fresh ginger, chopped

OR ¼ t. powdered ginger

1 t. sugar

3 T. cornstarch

5 T. soy sauce

**¾ c. soup stock or reconstituted
bouillon**

Heat in a large skillet:

1 T. oil

Add meat and stir-fry just until done.

Remove from heat. In another skillet, stir-fry in 1 T. oil each vegetable just until slightly cooked. Add each vegetable to meat skillet after stir-frying. Just before serving, reheat meat mixture and add sauce. Cook just until sauce thickens and clears. Serve hot with rice.

LaVonne Platt, Newton, Kan.



Garden Vegetable Curry

Serves 7-8

Vegetarian Indian Meal

John Nyce, registrar at Goshen College, Goshen, Indiana, learned to cook Indian food while teaching at Woodstock School, Mussoorie, India. Here he presents menu and recipes for a complete Indian meal for 7-8 people. Although no meat is included, proteins in the split peas, rice, and cottage cheese or yogurt complement each other for an adequate supply.

Menu

Garden Vegetable Curry*
Curried Split Peas (Dhal)*
Long-Grain Rice
Tomato Chutney*
Small Curd Cottage Cheese
or Yogurt
Fresh Fruit Tray
Hindustani Tea*

*Recipes included

The meal requires little last-minute fuss. Curried Split Peas, Tomato Chutney, and Hindustani Tea can be prepared 3-4 hours in advance. Garden Vegetable Curry should be started 1¼ hours before serving time, but needs minimal attention the last half hour. Thirty minutes before serving time cook 3-4 c. long-grain rice, according to directions on p. 125. One pound of cottage cheese or yogurt served as a side dish adds protein and provides a pleasant contrast to the hot spicy dhal and curry. Another curry (see p. 171) could be substituted for the one given here. Food purchase and preparation could easily be divided among several households and then put together for a feast with minimal time input for anyone.

Heat in 3-4 qt. saucepan on medium heat:

3 T. vegetable oil

Add and fry lightly for 4-5 minutes (do not brown):

2 medium onions, finely chopped
2 cloves minced garlic

Add:

2 T. curry powder
1 t. tumeric

1 t. whole cumin seed

Continue frying 3-4 minutes. Add:

1 c. chopped tomatoes

Cook briefly until a thick sauce results. Add:

1 medium head cabbage, chopped
3 medium carrots, diced
4-5 small potatoes, unpeeled and cut into ¾" cubes
3 c. green beans

Stir until all are covered by sauce. Add:

1 t. salt

Reduce heat and simmer 30-45 minutes. Add water any time sauce is below ⅔ depth on vegetables. 15 minutes before serving time, add:

1 T. lemon juice
additional salt if needed

Options:

Use canned or frozen green beans, but add 15 minutes before serving time.

Substitute 1 c. tomato sauce for fresh tomatoes.

Substitute 2 chopped zucchini squash and 3 chopped green tomatoes for cabbage and carrots. Experiment with adding peas, lima beans, eggplant, and cauliflower.

Top curry with halved hard-cooked eggs.

John Nyce, Goshen, Ind.

Lon and Kathryn Sherer, Goshen, Ind.

.....

Tomato Chutney

Serves 7-8

Combine in a bowl:

**2 c. chopped fresh or canned
tomatoes**
1 medium onion, chopped
3 T. lemon juice
2 T. vinegar
1 T. sugar
pinch of salt
pepper

Garnish with fresh coriander, if
available. Serve as a side dish with rice
and curry.

John Nyce, Goshen, Ind.

.....

Curried Split Peas (Dhal)

Serves 7-8

Soak 3-4 hours or by quick method:

1 c. dried split peas or mung beans
2½ c. water

Add:

1 t. tumeric
½ t. cayenne red pepper
1 t. salt

Bring to boil, reduce heat, cover
partially, and simmer 20-30 minutes.
Peas should be tender and beginning to
disintegrate. Add additional water if
needed to maintain thick gravy
consistency.

Sauté in small frying pan:

3 T. margarine or butter
1 large onion, thinly sliced
lengthwise
1 t. whole cumin seed
10 whole cloves
5 whole black peppercorns

Fry until onions are well browned (10-12
minutes). Add onion mixture to cooked
peas and set aside until near mealtime.
Reheat before serving. Serve as a sauce
to be placed over rice.

John Nyce, Goshen, Ind.
Shirley Yoder, Pati, Java
Ruth Eitzen, Barto, Pa.

.....

Hindustani Tea (Chai)

Serves 7-8

Heat together in a 3-4 qt. saucepan:

6 c. water
7 t. loose tea
Boil 10 minutes. Add:
6 c. milk

Heat to near boiling. Add to taste:

10-15 t. sugar

Tastes best when prepared 2 or more
hours in advance and set aside. Reheat
during meal and serve with fresh fruit for
dessert.

John Nyce, Goshen, Ind.

.....

Easy Curry

T.S

Serves 3-4

Brown in small amount of fat:

**¼-½ lb. chicken or other meat
(raw or cooked), finely cut**

Add:

2-2½ c. water

Chop and add in order according to cooking time needed:

2 medium carrots

3 stalks celery

1 green pepper

½ medium onion

Add:

1 t. salt

⅛ t. pepper

1 T. curry powder

Blend together and add:

1 c. tomato sauce

½ c. milk

2 T. cornstarch

Simmer 45 minutes or until vegetables are tender and sauce is thick and glossy. Stir frequently. Serve over rice, noodles, or biscuits.

Marie J. Frantz, North Newton, Kan.

.....

Cracked Wheat or Bulgur Pilaf

T.S

Serves 6

Sauté in a skillet:

1 T. oil

1 small onion, chopped

1 c. cracked wheat or bulgar

Stir over medium heat until onion is transparent and wheat is glazed.

Add:

½ t. salt

2 c. broth or stock

Reduce heat to low, cover and cook 25 minutes or until liquid is absorbed.

Option:

¼ lb. sliced mushrooms may be added when sautéing onion; increase oil to 3 T.

Grace Whitehead, Kokomo, Ind.

.....

Beef-Barley Skillet

T.S

Serves 6

Sauté in skillet:

¾ lb. ground beef

½ c. chopped onion

¼ c. chopped celery

¼ c. chopped green pepper

Drain off excess fat. Stir in:

1¼ t. salt

⅛ t. pepper

½ t. marjoram

1 t. sugar

1 t. Worcestershire sauce

½ c. chili sauce

2 c. canned tomatoes, broken up

1½ c. water

¾ c. quick-cooking or pearl barley

Bring to a boil. Reduce heat to simmer, cover, and cook about 35 minutes for quick-cooking barley or 1 hour for pearl barley.

Marjorie Stucky, Murdock, Kan.

Marjorie Ruth, Akron, Pa.

▼ **Main Dishes with
Meat and Vegetables**

.....

**Campfire
Pocket Stew**

Charcoal Fire
30 min.

Prepare a good bed of coals.
For each person to be served, wash and
slice thinly:

1 potato
1 carrot
1 onion
¼ green pepper
small handful fresh green beans

Add:

several ½" chunks of cheese
salt and pepper

Wrap in:

2 large cabbage leaves

Wrap all in aluminum foil, shiny side in,
and cook on the coals, 15 minutes on
each side.

Karen Kreider, Goshen, Ind.

.....

**Six-Layer
Dish**

Serves 4
300°
2½-3 hrs.

Layer in order given in a 2 qt. greased
casserole, seasoning each layer with
salt and pepper:

2 medium potatoes, sliced
2 medium carrots, sliced
⅓ c. uncooked rice
2 small onions, sliced
1 lb. ground beef
1 qt. canned tomatoes

Sprinkle over:

1 T. brown sugar

Bake at 300° for 2½-3 hours.

Options:

Just before ground beef add 1 c. cooked
kidney beans, drained.

Substitute browned pork sausage for
ground beef.

Bonnie Zook, Leola, Pa.
Martha Buckwalter, Lancaster, Pa.
Fern Lehman, Kidron, Ohio

.....

Garden Supper Casserole

Serves 4

350°

30-35 min.

Mix:

- 2 c. cubed soft bread**
- ½ c. shredded sharp cheese**
- 2 T. margarine, melted**

Spread half the mixture in greased 1 qt. casserole and top with:

- 1 c. cooked peas or other vegetable**

Sauté until tender:

- 3 T. margarine**
- 2 T. chopped onion**

Blend in:

- 3 T. flour**
- 1 t. salt**
- ½ t. pepper**

Cook over low heat, stirring until mixture is bubbly.

Stir in:

- 1½ c. milk**

Cook, stirring constantly, until thickened.

Stir in:

- 1 c. cooked beef, chicken or pork, diced**

Pour over peas. Arrange on top:

- 1 large tomato, sliced (optional)**

Sprinkle with remaining bread mixture.

Bake uncovered at 350° for 30-35 minutes.

Judy Classen, Akron, Pa.

.....

Meat, Cheese, and Potato Scallop

Serves 4-6

300°

1 hr., 15 min.

Make a cheese sauce:

- 2 T. butter or margarine**
- 2 T. flour**
- ¼ t. salt**
- 1½ c. milk**
- ¾ c. cheese**

Combine in greased casserole:

- 1 medium onion, sliced**
- 4 medium potatoes, sliced**
- 2½ c. canned luncheon meat or leftover ham, diced**

Pour cheese sauce over meat and potatoes mixture. Cover and bake at 300° for 1 hour. Remove cover and bake 15 minutes longer.

Betty Lou Huber, Atmore, Ala.

.....

El Burgos

Serves 8

350°

30 min.

Cook in small amount of water just until tender:

- 5 large potatoes, thinly sliced**

Drain.

Sauté in skillet:

- 1 lb. ground beef**
- 2 green peppers, chopped**
- 1 large onion, diced**

Combine in a bowl:

- 2 c. shredded cheddar cheese**
- 1 t. salt**
- 1 T. brown sugar**
- 2 c. tomato sauce**

Alternate layers of meat mixture and potatoes in greased 2 qt. casserole. Pour cheese-tomato mixture over all. Bake at 350° for 30 minutes.

Mary Ella Weaver, Lititz, Pa.

Traditional moussaka includes meat and a custardy cheese sauce which is delicious, but complicated and costly. Try one of these simplified and cheaper versions.

Prepare this meal at the table in an electric skillet. Chop meat and vegetables ahead of time and arrange on a tray. Serve a light soup while stir-frying Yaksoba. Betsey, age 10, made this dish in her 4th-grade class as they studied Japan.

Easy Moussaka (Greece)

T.S

Serves 6
350°
40 min.

Preheat oven to broil.
Cut into 1/2" slices:

1 large eggplant, unpared

Place slices on cookie sheet, brush with melted margarine, sprinkle with salt and pepper, and broil 5 minutes, or until golden. Turn slices, brush and season again and brown second side. Set oven at 350° when broiling is completed. Meanwhile, fry together:

1 lb. ground beef
1 onion, chopped
1 clove garlic, minced
salt, pepper, and dash nutmeg

Add:

2 c. tomato sauce
1/3 c. tomato paste
1/2 t. oregano
1 T. chopped parsley
1 T. chopped mint (optional)

In 9x9" baking dish, layer half of eggplant slices and half of meat mixture; repeat with remaining ingredients.

Sprinkle with:

1/2-1 c. grated cheese

Bake 40 minutes.

Option:

Omit meat. Sauté onion and garlic in 2 T. oil and proceed with tomato sauce.

Combine separately:

1 egg, beaten
2 T. Parmesan cheese
1 c. cottage cheese

Place half of tomato sauce in casserole, add half of eggplant, all of cottage cheese mixture, remaining eggplant, remaining tomato sauce. Sprinkle layers and top with additional Parmesan. Omit last 1/2-1 c. grated cheese. Bake as directed.

Yaksoba (Japan)

T.S

Serves 4

Cook and drain according to package directions:

1 c. thin noodles

(Leftover noodles or spaghetti may be used.)

Slice as indicated and have ready:

1/2-3/4 lb. round steak, sliced very thin

2 medium onions, cut in thin wedges

2 medium carrots, sliced very thin

1/4 head cabbage, sliced in strips

2 c. fresh or 1 c. canned bean sprouts, drained

Heat in skillet:

2 T. oil

Brown meat. Add vegetables in order as given above, stir-frying each a few minutes, and adding salt and pepper with each addition. Add noodles last and cook just long enough to heat through. Vegetables should be crisp-tender. May be served on rice or alone. Pass soy sauce.

Betsey Zook, Leola, Pa.

.....

Sausage-Sweet Potato Bake

Serves 4-6

375°

50-60 min.

Brown in skillet:

1 lb. bulk sausage

Break up large pieces and drain off excess fat.

Arrange in 2 qt. casserole:

**2 medium raw sweet potatoes,
peeled and sliced**

**3 medium apples, peeled and
sliced**

browned sausage

Combine and pour over:

2 T. sugar

1 T. flour

¼ t. ground cinnamon

¼ t. salt

½ c. water

Cover and bake at 375° for 50-60 minutes, or until potatoes and apples are tender.

Option:

Use cooked or canned sweet potatoes.

Esther Martin, Lancaster, Pa.

.....

New Potatoes And Peas With Ham

Serves 4-6

Scrub and cook in boiling salted water until partially tender:

8-12 small whole new potatoes

Add:

3-4 green onions, chopped

2 c. fresh peas

Continue cooking until vegetables are tender. Drain, reserving liquid.

Make a white sauce:

2 T. margarine

2 T. flour

**1½ c. vegetable liquid and milk
salt and pepper**

Pour sauce over vegetables. Add:

1-2 c. cubed cooked ham

½ c. grated cheese

Heat through and serve.

Eunice Gerbrandt, Drake, Sask.

*In Newfoundland
Boiled Dinner is followed
by bread or muffins with jam
and tea for dessert.*

**Newfoundland
Boiled Dinner**

Serves 4-6

Bring to boil in soup kettle:

**1-2 lb. ham pieces, ham hocks
or ham bone**

**1 medium onion, cut in chunks
water to cover**

Simmer until meat is tender. Remove
meat from bone and return to broth.

Taste broth and add salt if needed.

Cut vegetables in large pieces and add
in this order:

3-4 carrots

3-4 yellow turnips

3-4 potatoes

4-6 small whole onions (optional)

**1 head cabbage, cut in large
wedges**

Cover and cook until vegetables are
tender.

Serve from pot onto large plates.

Ruth Detweiler, Akron, Pa.

Helen Coon, Quakertown, Pa.

**Turkey Apple
Casserole**

Serves 5-6

400°

20 min.

Sauté in skillet until soft, but not brown:

2 T. margarine

3 T. minced onion

Stir in:

½ t. garlic powder

2 t. curry powder

¼ c. firmly packed brown sugar

1¼ c. turkey broth

2 c. pineapple juice

Heat almost to boiling. Add:

2 c. soft bread crumbs

3 c. diced unpeeled red apples

3 c. cubed cooked turkey

Remove from heat and turn into
casserole. Sprinkle with:

¼ c. buttered bread crumbs

Bake at 400° for 20 minutes.

Miriam B. Buckwalter, Salunga, Pa.

▼ Main Dishes with Crusts and Fillings

Colorado Pie

Serves 4-6
400°
25 min.

Prepare pastry for 2-crust pie, using 1 t. onion salt in pastry if desired. Line 9" pie pan with half the pastry. Roll out top crust.

Brown in skillet:

1 lb. ground beef
½ c. chopped onion

Stir in:

1 T. sugar
¼ t. pepper
2 c. cooked green beans, drained
½ t. salt
⅓ t. oregano
1 10-oz. can tomato soup
OR equivalent sauce (see p. 118)

Pour into pastry-lined pan, add top crust and cut slits in it.

Bake at 400° for 25 minutes.

MCC Dining Hall, Akron, Pa.

Cheese Pizza

Serves 4-6
450°
20-25 min.

Crust:

Combine in large bowl:

1 c. warm water
1 pkg. yeast
When dissolved, add:
1 T. sugar
1½ t. salt
2 T. vegetable oil
1¼ c. flour

Beat until smooth. Add:

2 c. additional flour, or enough to make stiff dough (may use part whole wheat)

Knead until elastic, about 5 minutes.

Place in greased bowl and let rise until double, about 45 minutes. Form 2 balls.

Pat and stretch to fill 2 greased pizza pans. Let rise 10 minutes.

Sauce:

Combine in saucepan:

1 small onion, chopped
2½ c. canned tomatoes, OR 2 c. tomato sauce, OR 3 c. fresh tomatoes, chopped
1 bay leaf
1 t. salt
1 t. oregano
½ t. basil
dash pepper
1 clove garlic, minced

Bring to boil, crushing whole tomatoes. Cover and cook slowly for 30 minutes or until sauce is slightly thick. Discard bay leaf. Pour over crust.

Sprinkle on:

2 T. chopped onion
1 finely chopped green pepper
2 t. oregano
1 t. basil
salt, pepper and garlic salt, to taste

Arrange on top:

½-1 lb. sliced cheese—mozzarella, cheddar, and/or Swiss

Bake at 450° for 20-25 minutes, or until crust is golden brown.

Kamala Platt, Newton, Kan.
Jocele Meyer, Brooklyn, Ohio

Mini-Pizzas

T-S

Serves 6

Split and arrange on baking sheet:

6 English muffins

Combine in bowl:

2 c. tomato sauce

1 t. salt

½ t. pepper

½ t. oregano

½ t. Italian seasoning

¼ t. garlic salt

Coat muffins with tomato mixture.

Sprinkle on:

2 c. (½ lb.) grated cheese

Broil until cheese is bubbly. Remove and serve hot.

Options:

Add browned hamburger, sausage, chopped salami, green pepper, onion, or mushrooms.

Egg Salad Pizzas:

4 hard-cooked eggs, chopped

½ c. shredded cheese

½ c. tomato paste

¼ c. mayonnaise or salad dressing

2 T. finely chopped onion

to taste: salt, pepper, basil, oregano, garlic powder

Spread on 4 split muffins. Broil until heated through.

Joan Manolis, Upland, Calif.

Ten-Minute All-In-One Meal

T-S

Preheat broiler.

For each person to be served, place side by side on a cookie sheet:

2 slices whole wheat bread

Layer on each slice of bread:

1 slice from a large tomato

1 thin slice from a large onion

1 slice favorite hard cheese

Broil until cheese melts and edges of bread are crusty.

Eat with fork or fingers.

Flo Harnish, Akron, Pa.

**Serve with clear soup
and green salad.**

Tuna or Chicken Turnovers

Serves 5-6

400°

15 min.

Preheat oven to 400°.

Combine:

1 c. tuna or diced cooked chicken

1 c. shredded cheese

¼ c. chopped celery

1 t. chives OR 1 t. onion,

finely chopped

mayonnaise to moisten

salt and pepper

Prepare:

1 recipe biscuit dough (see p. 72)

Roll dough ⅛-¼" thick and cut into four-inch rounds or squares. Place about 2½ T. filling on each; fold over and seal. Brush tops with melted margarine. Bake 15 minutes.

Ruth Heatwole, Charlottesville, Va.

Bierocks

Serves 10

350°

20-30 min.

Prepare as for roll dough: (see page 64)

2 c. warm water

2 pkg. dry yeast

¼ c. sugar

1½ t. salt

1 egg

¼ c. margarine

6-6½ c. flour

Chill dough several hours.

Meat mixture:

Brown in skillet:

1½ lb. beef

½ c. onion

Add:

3 c. cabbage, finely cut

1½ t. salt

½ t. pepper

dash Tabasco sauce

Cover skillet and continue cooking over low heat, stirring occasionally, until cabbage is tender. Do not add liquid. Cool slightly.

Roll out dough into thin sheets. Cut in 5" squares. Place 2 T. meat mixture on each square, pinch edges together, and place pinched side down on greased cookie sheet. Let rise 15 minutes. Bake at 350° for 20-30 minutes.

Options:

Pizza-flavored filling: To browned beef and onion, add:

¾ c. tomato paste

¼ c. water

2 t. sugar

1 t. oregano

1 t. salt

½ t. pepper

Cool slightly. Place several tablespoons meat mixture on half of each square. Sprinkle on each:

1-2 t. grated cheese

Bake as directed above.

Reduce amount of filling, use any roll recipe, and make just enough for one meal as a treat on baking day.

MCC Dining Hall, Akron, Pa.
Louise Claassen, Elkhart, Ind.

"Vareniky schmaikt goat!"
say the Low Germans.
Try this satisfying meatless
dish from Russian Mennonite
tradition. Some cooks brown
vareniky briefly
in butter after taking
them from the boiling water.

Vareniky

Serves 6

Combine in a bowl:

1 lb. dry curd cottage cheese

1½ T. onions, finely chopped
(optional)

½ t. salt

3 egg yolks

Mix well with hands until cottage cheese is in fine curds. Set aside.

Combine in separate bowl:

3 egg whites, lightly beaten

1 c. milk

2 t. salt

3-3½ c. flour

Mix together, adding flour as necessary until dough is stiff enough to roll out. Turn onto floured board. Roll out half of dough ⅛" thick, and cut into squares or circles 5" in diameter. Use large cookie cutter or invert small bowl on dough and cut around with knife. Place 1 rounded tablespoon cottage cheese mixture on each circle and fold over to form half circle; pinch edges firmly. Repeat with remaining dough and dough scraps. In saucepan, heat 4-6 c. water to boiling. Add 1 t. salt. Drop vareniky into boiling water, several at a time. Cook five minutes. Remove with slotted spoon and drain. Keep hot.

Serve with *cream gravy*.

Sauté in a skillet:

2 T. margarine

1 small onion, finely chopped
(optional)

Add:

1 c. cream

salt and pepper to taste

Heat slowly, but do not boil.

Susan Duerksen, Killarney, Man.
Ruby J. Wiebe, Hillsboro, Kan.

A variety of economical but delicious Mexican-American foods can be made from basic ingredients such as tortillas, chili sauce, and refried beans. Tortillas are usually cheap if available fresh or frozen; packaged dry varieties are expensive. See p. 84 for flour tortilla recipe, or look for masa harina flour mix for home preparation. Refried beans are available canned, but home-cooked beans are easy to make and far more economical. See p. 101.

Burritos

Marianne Miller, Topeka, Kan.
Carol Friesen, Reedley, Calif.

Chili-Tomato Sauce

Makes about 3 cups

**1 can (7 oz.) California green
chilies, seeds and pith removed**
**1 lb. Jack cheese, cut in sticks,
1x4x½"**
12 corn or flour tortillas
**margarine, lard or salad oil for
frying (optional)**

Sauté in heavy saucepan:

2 T. salad oil
1 medium-sized onion, minced
 onion is just yellow, not brown,
 d:
3½ c. tomato puree or sauce
2 cloves garlic, minced or mashed
1-2 T. chili powder
¼ t. dried oregano
1 t. salt

Carol Friesen, Reedley, Calif.

Enchiladas

Serves 6

350°

15-20 min.

Brown in skillet:

¾ lb. ground beef

1 medium onion, chopped

Stir in:

2 c. refried beans (see p. 101)

1 t. salt

**½ t. garlic powder or 1 clove
garlic, mashed**

Heat until bubbly, cover, and keep warm.

Prepare:

12 tortillas

Dip, one at a time, in shallow hot oil to soften; drain quickly.

Heat chili-tomato sauce (see p. 145); pour about half into an ungreased, shallow 3 qt. baking dish. Place about ⅓ c. beef-bean filling on each tortilla, and roll to enclose filling. Place, flap side down, in the sauce in the bottom of the baking dish. Pour remaining sauce evenly over tortillas; cover with:

**2 c. (½ lb.) shredded cheddar
cheese**

Bake uncovered at 350° for 15-20 minutes, or until thoroughly heated.

Options:

Bake immediately or assemble and refrigerate several hours or overnight.

Roll enchiladas as described above, or spread filling over tortillas and stack evenly. Cut stack in wedges to serve.

Omit meat. Sprinkle a little shredded cheese over refried beans before rolling up each tortilla.

Carol Friesen, Reedley, Calif.

Tacos

To prepare taco shells:

Fold warm tortillas in half and use as is with fillings below, or fry each tortilla briefly in shallow hot fat (about ¼"), turning once and then folding in half before tortilla becomes too crisp. Drain folded shells on absorbent paper and keep warm until ready to serve.

Fillings:

refried beans

browned ground beef

chopped cooked chicken

chopped onions, tomatoes,

radishes, avocado

finely shredded lettuce

grated cheese

hot chilies

chili-tomato sauce

Serve basket of taco shells with fillings in individual bowls, inviting guests to make their own. Refried beans, chopped onions, shredded lettuce, grated cheese, and chili-tomato sauce would provide enough variety for a delicious meal.

*Anne Rogers, East Petersburg, Pa.
Sam, Lois, Jennie, and Sara Miller,
Harrisburg, Pa.*

Navajo Tacos

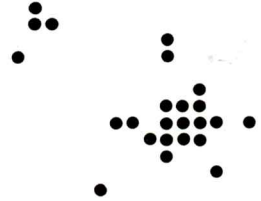
Spread **Navajo Fry Bread** (p. 83) with **Refried Beans** (p. 101)

Top with **shredded cheese** and broil until cheese melts.

Sprinkle generously with **shredded lettuce**.

Shirley Kauffman Sager, Arriba, Colo.

Gather Up the Fragments



Empanadas (Mexican Turnovers)

Serves 6-8

400°

15-20 min.

Sift together in bowl:

2 c. flour

2 t. baking powder

1 t. salt

Cut in:

½ c. shortening

Add:

⅓ c. cold milk

Stir into a ball, handling like pie crust. Roll out thin and cut in 4" rounds or squares. Place a spoonful of filling on one half of a round. Fold over, moisten edges, and press firmly so they seal. Deep fry, or bake 15-20 minutes at 400°.

Fillings:

- ground cooked chicken or beef, sautéed with onion, raisins, and blanched slivered almonds. Add ½ t. cumin, 1 t. chili powder, 1 beaten egg.
- refried beans, grated cheese, and chopped chili.
- tuna or salmon with mushrooms, chopped chives, and chili.
- for sweet turnovers, add 2 T. sugar to dry ingredients while making dough. Fill with 3 oz. cream cheese blended with 3 T. strawberry or apricot preserves, or simply with shredded cheese. Sprinkle fried empanadas with confectioners sugar.

*Lois Deckert, North Newton, Kan.
Myrtle Unruh, Philadelphia, Paraguay
Geraldine Lehman Mumaw,
Santa Cruz, Bolivia*

1.

"Meat in spaghetti sauce doesn't have to be only ground beef," says my sister-in-law of Italian ancestry. She accumulates odds and ends of any kind of cooked meat, chops it finely, and uses it in her sauce, which is outstanding. —*Helen Peifer, Akron, Pa.*

2.

When reheating leftover casseroles, make and pour over a little more of the sauce used, whether tomato, cream sauce, etc. Add a fresh sprinkling of cheese or bread crumbs and bake. Reheated look and dry texture is gone.

3.

Freeze leftover main dishes in small casseroles to heat for one or two persons—handy when parents are going out but must feed children first, or for spouse at home alone.

4.

Whirl small amounts of leftover main dishes in the blender and incorporate resulting sauce into another soup or main dish. For example, leftover macaroni and cheese goes into a cheese sauce.

5.

Use dollops of leftover mashed potatoes with cheese sprinkle to top a variety of casseroles, not just Shepherd's Pie.

6.

Use leftover rice for fried rice (see recipes, p. 130, 131). Stir-fry leftover cooked noodles or spaghetti in the same way with scallions or onions, bits of meat, vegetables, and eggs. Eat with soy sauce.

7.

Some recipes using leftover rice:
Creamed Chicken over

Confetti Rice Squares, p. 187

Savory Rice Loaf, p. 126

Broccoli Rice, p. 128

Pizza Rice Casserole, p. 129

Vietnam Fried Rice, p. 130

Cheese-Rice Souffle, p. 156

eggs, milk, and cheese

Eggs* are a complete protein food containing all the essential amino acids required by the human body. In fact, the amino acid pattern of eggs is closer to matching the ideal pattern than that of any other high-protein food, including meat.

Eggs rank low among animal proteins in amount of grain required in production. But, like other animal protein foods, eggs should be used carefully. An egg contains 7 grams of complete protein. If a meal includes an egg or more per person plus vegetable protein in breads or legumes, let that be enough. Adding deviled eggs or Pennsylvania Dutch red-beet eggs to a meal including meat is a waste of protein. Instead serve these egg specialties occasionally to replace meat.

Eggs team up naturally with milk and cheese. Combinations like scalloped eggs, soufflés, and quiches (cheesy main-dish custard pies) can be as high in protein per serving as several ounces of meat.

As a protein source, eggs have been cheap in recent years. Because eggs are sold by the dozen and not by the pound, price comparisons with meat are tricky. In Canada and the United States, eggs are sized as follows:

Size	Minimum Weight per Dozen
Jumbo	30 ounces
Extra Large	27 ounces
Large	24 ounces
Medium	21 ounces
Small	18 ounces
Peewee	15 ounces

If you buy large-sized eggs, keep in mind that two thirds of a dozen is at least one pound. If large eggs

cost 89 cents per dozen, you are paying 59 cents per pound for an animal protein food.

Are small, medium, or large the best buy? A quick rule to remember when standing in front of an egg counter with a child tugging on your hand is this: if there is less than a 7-cent price spread per dozen between 2 adjoining sizes in the same grade, buy the larger size.

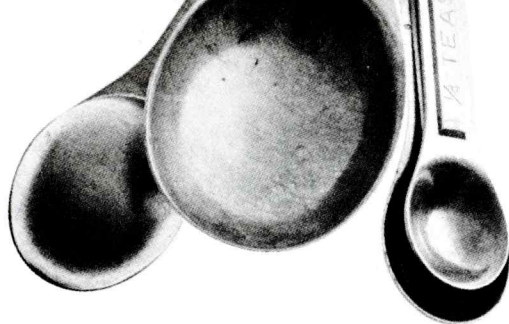
With eggs, the drawback is their high-cholesterol content. The American Heart Association recommends no more than 3 egg yolks a week, including those used in cooking, for persons on fat-controlled, low cholesterol diets. Any middle-aged man in a sedentary occupation would do well to aim for this limit. Egg whites present no cholesterol problem.

As with so many foods, the cheapest source of eggs is a friendly farmer. Be willing to take brown shells, odd sizes, and cracks, and you may find a protein source far cheaper than 59 cents per pound. Eggs keep well in the refrigerator, so if any driving distance is involved, buy enough to last a month. Eggs purchased in a supermarket may be much older.

Another reason for buying directly from a farm is that you can return the cartons. Throw-away styrofoam egg cartons are a gross source of pollution, and giving them to a kindergarten class to make flowers doesn't solve the problem. If you must throw them away, try to buy cardboard cartons.

Milk and Cheese

Principles that apply to using eggs responsibly also fit milk and cheese.



One glass of milk (8 oz.) has 8.5 grams of complete protein, more than 1 egg. A 1-inch cube of cheddar cheese has 7 grams protein, and $\frac{1}{2}$ cup of cottage cheese has 15. Do we need cheese cubes on an appetizer tray, cottage cheese salad, and a glass of milk with a ham dinner? From menus like these come the figures that show North Americans eating 90-plus grams of protein per person daily.

Buying milk. Using nonfat dry milk is a hard-to-beat habit, both for economy and health's sake. Start with it in baking and cooking. To convert a household to drinking nonfat dry milk, mix it half and half with whole milk at first. Always mix it 5 to 8 hours in advance and serve thoroughly chilled. Brands vary in acceptability of taste.

Nonfat dry milk is low in cholesterol. Heart disease experts recommend getting children used to the taste of nonfat milk from early childhood.

Buying cheese. So many varieties and styles of cheese line the dairy case that a shopper can be thrown into total confusion. Two guidelines are worth remembering: 1) Always check *price per pound*, 2) know the difference between *natural* and *pasteurized process* cheese.

Cheese often comes packaged in odd sizes rather than in 1-pound chunks. Some wrappers show the number of slices in huge print but to read the ounces contained you must find a light and adjust your glasses. Thrifty shoppers find the price per pound no matter what other information is offered.

Sorting out the difference between natural and pasteurized

process cheese takes more skill. *Natural cheese*, sometimes called hard cheese, is simply made from coagulating milk and separating curds from whey. Varieties of natural cheese resulting from different ripening processes include cheddar, longhorn, Jack, Swiss, Edam, colby, brick, Muenster, Parmesan, and on and on.

Pasteurized process cheese, often called American, is made from natural cheese by shredding, melting, pasteurizing, and adding an emulsifier. If the words *cheese food* or *cheese spread* appear on the label, even more liquids and stabilizers than are allowed in pasteurized process cheese have been added.

Pasteurized process cheese is understandably cheaper, because it contains more added liquids. Natural cheese, while a little more expensive, gives you more protein and calcium and fewer additives. Process cheese may be handy for certain recipes, such as Cheese Spread (p. 161). But for sandwiches and most recipes, you get as much for your money with natural cheese. Commercial cheese foods and cheese spreads are particularly poor buys.

Many recipes in this book do not identify which kind of cheese to use. This is intentional, encouraging you to look for best buys in your community and use what is on hand.

Both eggs and cheese respond best to short cooking time on low-medium heat. High heat and long cooking give tough, rubbery products. Be a gentle cook and save energy while you save the texture of your eggs and cheese.

Arrange halved hard-boiled eggs in a casserole and pour over mushroom soup or sauce. Bake until bubbly. Or make creamed eggs in mushroom sauce on the stove top.

**Contributor says
this was her mother's standby
when unexpected guests
stayed for Sunday evening
supper.**

.....
**Puffy
Cheddar Omelet**

Serves 3

Beat until soft peaks form:

4 egg whites

In separate small bowl, beat together:

4 egg yolks

¼ c. mayonnaise

3 T. water

½ t. salt

Carefully fold yolk mixture into whites.

Heat in 10" skillet:

2 T. margarine

Add egg mixture. Cook without stirring over low heat until egg is cooked through, about 15 minutes. Cover after 5 minutes to insure even cooking.

Sprinkle on:

1 c. finely shredded cheddar cheese

1-2 T. chopped herbs, such as parsley, chives, basil, or tarragon

Cover long enough to melt cheese. Fold omelet in half and slide onto warm plate.

Frances Lehman, Goshen, Ind.

.....
**Old-Fashioned
Bread Omelet**

Serves 4

325°

10 min.

Combine and soak 15 minutes:

1 c. bread cubes

½ c. milk

Preheat oven to 325°.

Combine in bowl:

4 eggs, beaten

¼ c. grated cheese

½ t. salt

bread and milk mixture

Heat in skillet:

1 T. margarine

Pour in egg mixture and cook over medium heat without stirring, about 5 minutes. When browned underneath, place pan in oven for 10 minutes to finish cooking on top. Turn out onto hot platter, folding omelet in half.

Adele Mowere, Phoenixville, Pa.

Heat oil in a skillet, and fry several cups shredded raw potato with chopped scallions. Season. When brown and crispy, pour several beaten eggs into skillet. Fry over low heat without stirring until almost set. Flip over to cook top; cut in wedges and serve. Leftover cooked potatoes can be used.

Cheese dinner rolls: Roll out yeast dough as for cinnamon rolls. Sprinkle with grated sharp cheese and paprika. Roll up, cut, and bake in greased muffin tins. Tastes delicious and cheese complements grain protein in the rolls.

Scrambled Eggs And Noodles

Serves 5

Cook and drain according to package directions:

2 c. wide noodles

Heat in a skillet:

3 T. margarine

Add noodles and stir-fry briefly.

Combine and pour over:

3 eggs, beaten

½ c. milk, cream or

evaporated milk

salt and pepper to taste

Scramble until eggs are set.

Garnish with paprika, chopped parsley, and tomato wedges.

Option:

Sauté chopped scallions or onion in margarine before adding noodles.

Bobbie Wilcox, LaVeta, Colo.

Poached Egg Surprise

Serves 4

Make 1 c. Medium White Sauce (see p. 118).

Stir in:

2 T. chopped green pepper

Place on individual serving plates:

4 slices toast

Spread toast thickly with:

soft sharp cheese

Poach until firm:

4 eggs

Place an egg on each slice of toast and pour hot sauce over all.

Elvera Goering, Salina, Kan.

Pour 2 cups cheese sauce into shallow buttered casserole. Slip in 6 raw eggs—do not crowd. Top with grated cheese and parsley sprinkle; bake at 350° for 20 minutes.

Serve fresh fruit and cheese tray as dessert to round out a low-protein meal.

**Serve with green salad
and corn muffins
for supper
or late-morning breakfast.**

.....
Huevos Rancheros
(eggs poached in
tomato sauce)

Serves 6

Sauté in skillet:

- 3 T. oil**
- 1 green pepper, thinly sliced**
- 1 large onion, chopped**
- 2 cloves garlic, minced**

Add:

- 2 large fresh tomatoes, finely chopped OR 2 c. stewed tomatoes, drained**
- ½ c. tomato sauce**
- ½ t. salt**
- 1-2 T. chili powder**
- ½ t. cumin**
- ½ t. oregano**

Cook over medium heat 20 minutes, occasionally mashing tomatoes.

Break into hot sauce:

6 eggs

Cover eggs with:

6 slices mozzarella cheese

Cover skillet and poach eggs over low heat 3-5 minutes, or until as firm as desired.

Make a thick tomato sauce seasoned with curry. Add halved hard-cooked eggs, heat through and serve on rice. Or add hard-cooked eggs to any curry to stretch meat.

.....
Swiss Eggs

Serves 6

375°

25 min.

T.S

Preheat oven to 375°.

Cover bottom of shallow greased casserole with:

1 c. grated Swiss or cheddar cheese

Make 6 depressions in cheese. Slide an egg into each depression, using:

6 eggs

Sprinkle with:

**¼ c. cream or evaporated milk
salt and pepper
chopped parsley**

Top with:

½-1 c. additional grated cheese

Bake 25 minutes or until eggs are firm but not hard.

Ruth Eitzen, Barto, Pa.

Elizabeth Yoder, Bluffton, Ohio

*With a crisp green salad,
cheese fondue
makes a hearty meal.*

Sunny Scalloped Eggs

Serves 4-5

400°

15 min.

Sauté in heavy saucepan:

¼ c. margarine

1 c. diced celery

2 T. minced onion

Blend in:

3 T. flour

Cook and stir until bubbly. Add:

1 t. salt

1½ c. milk

Cook and stir until thick. Stir in:

2 T. chopped parsley

Arrange in greased 5-c. casserole:

6 hard-cooked eggs, halved

Pour sauce over eggs. Toss together:

2 T. melted margarine

1 slice bread, cubed

Place on top of casserole. Bake at 400° for 15 minutes.

Options:

Stir ¾ c. shredded cheese into white sauce.

Eggs Florentine: Cook ¾ lb. fresh or 2 c. frozen spinach just until tender. Drain, chop, and season. Place in bottom of 2 qt. casserole. Proceed with recipe as given, placing eggs and sauce on top of spinach. Top with grated cheese and buttered crumbs. Serves 6.

Prepare as in Option 2, but substitute broccoli for spinach. Chop broccoli or leave in spears.

*Helen June Martin, Ephrata, Pa.
Janice Wenger, Ephrata, Pa.*

Cheese Fondue

Serves 6

Melt in fondue pot:

2 T. margarine

Add:

3 T. flour

Stir until blended. Add:

2½ c. milk

**1 t. caraway seeds, soaked in
hot water for 15 minutes
(optional)**

dash Worcestershire sauce

Add gradually:

**1 lb. Swiss or cheddar cheese,
diced**

Stir until cheese melts. When it begins bubbling, add:

1 t. salt

1 T. lemon juice

½ t. nutmeg

Spear cubes of crusty French or rye bread with fondue fork and dunk.

Options:

Make fondue in a heavy saucepan. Keep warm over hot water.

Pour fondue over bread cubes for individual servings.

*Kamala Platt, Newton, Kan.
Annie Lind, Windsor, Vt.
Ruth Eitzen, Barto, Pa.*

*Tester's five-year-old
says it tastes like
toasted cheese sandwiches.*

**Chili Con Queso
(a Mexican Fondue)**

Serves 4

Heat in fondue pot:

**1 c. stewed tomatoes or
tomato sauce
chilies or cayenne pepper to taste**

Add slice by slice:

24 slices American cheese

Serve with an assortment of dunkers:

**carrot strips
celery
cauliflower
corn chips
tortillas
breadsticks
bread cubes**

Kamala Platt, Newton, Kan.

**Oven
Cheese Fondue**

Serves 5

325°

30 min.

Preheat oven to 325°.

Beat until lemon-colored:

5 eggs

Add and mix well:

1 t. salt

dash pepper

2-3 c. grated cheese

Add:

2½ c. hot milk

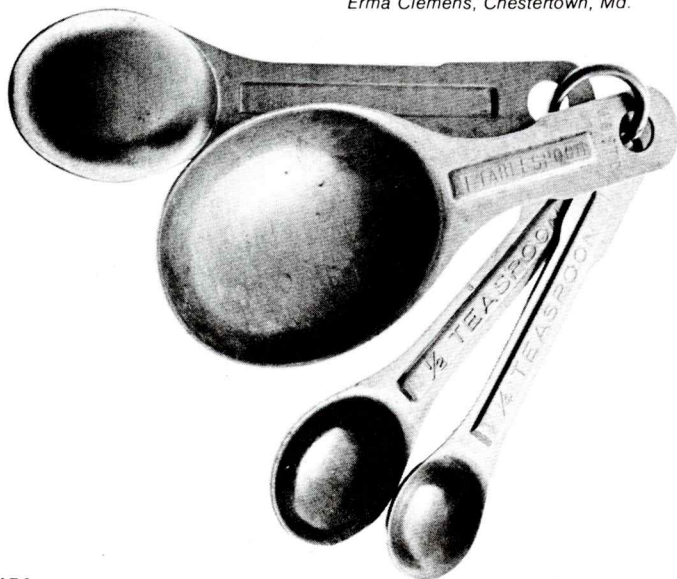
1 qt. cubed bread

Pour into greased 7x11" baking pan.

Bake 30 minutes, or until set.

Top with chopped parsley just before
serving.

*Florence Mellinger, Lancaster, Pa.
Erma Clemens, Chestertown, Md.*



Give more color and flavor to an old standby by layering macaroni and cheese in a casserole with a cup or two of the Basic Spaghetti Sauce (p. 119). Top with shredded cheese and bake until bubbly.

Cheese Strata

Serves 6

350°

45 min.

Preheat oven to 350°.

Butter lightly:

12 slices bread (can be stale)

Arrange 6 slices in bottom of 9x13" greased baking dish. Cover with:

6 slices cheese or 2 c. shredded cheese

Top with remaining bread.

Beat together and pour over:

2½ c. milk

4 eggs

¾ t. salt

¼ t. dry mustard

Bake 45 minutes or until puffed and golden. May be prepared in advance and refrigerated before baking.

Option:

Add a layer of sautéed vegetables (onion, green pepper, mushrooms) or leftover cooked vegetables just before cheese.

Janet Landes, Phoenix, Ariz.

Ruth Magnusen, Glendale, Ariz.

Viola Wiebe, Hillsboro, Kan.

Basic Cheese Soufflé

Serves 4-6

350°

50-60 min.

Preheat oven to 350°.

Make 1 c. Thick White Sauce (see p. 118).

Add to hot white sauce:

½ t. pepper

¼ t. dry mustard

3 egg yolks, slightly beaten (reserve whites)

1 c. shredded sharp cheese

Stir until cheese melts. Remove from heat.

Beat until stiff but not dry:

3 egg whites

¼ t. cream of tartar

Carefully fold egg whites into cheese sauce. Pour into ungreased 1½ qt. casserole and set in pan of hot water 1" deep. Bake 50-60 minutes, until puffed and golden. Serve immediately.

Options:

Corn Soufflé: Omit cheese. Fold 2 c. fresh grated or home frozen (thawed) corn into white sauce.

Broccoli or Spinach Soufflé: Cook ¾ lb. broccoli or spinach. Drain and chop finely (should yield 1½-2 c.). Omit cheese. Fold vegetable into white sauce.

Chicken Soufflé: Reduce cheese to ¼ c. Fold 1 c. finely chopped cooked chicken into white sauce.

Kitty Collier, Millersville, Pa.

Joann Smith, Goshen, Ind.

Chris Schmidt, Walton, Kan.

*Light and delicate
as any
traditional soufflé.*

*Contributor's teenage son
requested this
for his birthday dinner.
Doris serves it
with green beans,
garlic bread,
and fresh fruit tray.*

**Bread and Cheese
Soufflé**

Serves 4-5

350°

30-40 min.

Preheat oven to 350°.

Scald in a saucepan:

1 c. milk

Add:

1 c. soft bread crumbs

1 c. shredded cheese

1 T. margarine

½ t. salt

Stir until cheese melts, heating gently if necessary.

Separate:

3 eggs

Add cheese mixture to beaten egg yolks; beat egg whites until stiff, but not dry and fold into cheese mixture. Pour into greased 1 qt. baking dish. Set in pan of hot water and bake 30-40 minutes, until puffed and golden.

Jean Horst, Lancaster, Pa.

Cheese and Rice Soufflé

Serves 5

350°

40 min.

Preheat oven to 350°.

Make a white sauce:

2 T. margarine

3 T. flour

¾ c. milk

Add:

2 c. sharp cheese, shredded

Cook over low heat, stirring constantly, until cheese melts.

Add to cheese sauce:

**4 egg yolks, slightly beaten
(reserve whites)**

½ t. salt

dash pepper

1 c. cooked rice

Remove sauce from heat and pour into large bowl.

Beat until stiff, but not dry:

4 egg whites

Gently fold whites into cheese mixture. Turn into greased soufflé dish. To form crown, with spoon make shallow path about 1" in from edge all the way around. Bake 40 minutes and serve at once.

Doris Yoder, Newton, Kan.

Quiche Lorraine

Serves 8-10

375°

10 min./45-50 min.

Crust

Mix as for pie crust:

2 c. sifted flour

½ t. salt

¼ t. sugar

**½ c. chilled margarine cut into
½" bits**

3 T. chilled vegetable shortening

5 T. cold water

Roll out and fit into 2 9" pie pans. Prick pastry with fork. Bake at 400° for 10 minutes.

Quiche Filling (enough for 2 pies)

Beat until blended:

6 eggs

**2 c. light cream or
evaporated milk**

2 c. milk

1 t. salt

dash pepper

dash nutmeg

Add:

2 c. grated Swiss cheese

Pour into pastry shells. Bake at 375° for 45-50 minutes. Cool 5 minutes before serving.

Option:

Place in pie shells before pouring in egg mixture:

— 1 chopped onion, sautéed

— 4 slices bacon, fried crisp
and crumbled

OR 1-2 c. cooked ham, finely
chopped

Joann Smith, Goshen, Ind.

Eleanor Hiebert, Elkins Park, Pa.

Tomato Quiche

Serves 6

375°

10 min./40-45 min.

Preheat oven to 375°.

Prepare 1 9" pie shell. Bake for 10 minutes.

Place in shell:

2 c. chopped or sliced tomatoes

Sprinkle with:

½ t. basil

1 t. salt

⅓ t. pepper

½ t. sugar

4 scallions, chopped

Spread over tomatoes:

½ c. grated Swiss cheese

½ c. grated cheddar cheese

Combine:

2 eggs, slightly beaten

2 T. flour

1 c. evaporated milk

Pour over cheese and bake at 375° for 40-45 minutes, or until set.

Cool 5 minutes before serving.

Mary Lou Houser, Lancaster, Pa.

Carry Dueck, Saskatoon, Sask.

*Attractive and delicious
with its crispy-brown
potato edging.*

Cornmeal Quiche

Serves 6

425°/350°

40-45 min.

Crust:

Combine in bowl:

½ c. cornmeal

¾ c. sifted flour

½ t. salt

⅛ t. pepper

Cut in:

⅓ c. shortening, soft

Sprinkle over while tossing with a fork:

3 T. cold water

Stir lightly until mixture will form a ball.

Roll out on lightly floured board. Fit

loosely into 9" pie plate; fold edge under
and flute.

Preheat oven to 425°.

Filling:

Lay on bottom of unbaked crust:

6 slices or 1¼ c. shredded cheese

Spread over cheese:

2 c. whole kernel corn, well drained

Combine in a bowl:

5 eggs

¾ c. light cream or evaporated milk

1 t. salt

¼ t. cayenne

Beat until well blended. Pour over corn.

Place on bottom rack of oven. Bake for 15

minutes. Reduce temperature to 350°

and continue baking 25-30 minutes. Let

stand 10 minutes before cutting and
serving.

Eleanor Hiebert, Elkins Park, Pa.

Meat-Potato Quiche

Serves 4-5

425°

15 min./30 min.

Preheat oven to 425°.

In 9" pie pan, stir together:

3 T. vegetable oil

3 c. coarsely shredded raw potato

Press evenly into pie crust shape. Bake
at 425° for 15 minutes until just beginning
to brown. Remove from oven.

Layer on:

**1 c. grated Swiss or
cheddar cheese**

**¾ c. cooked diced chicken,
ham, or browned sausage**

¼ c. chopped onion

In a bowl, beat together:

**1 c. evaporated or rich milk
(part cream)**

2 eggs

½ t. salt

⅛ t. pepper

Pour egg mixture onto other ingredients.

Sprinkle with:

1 T. parsley flakes

Return to oven and bake at 425° about 30
minutes, or until lightly browned, and
knife inserted 1" from edge comes out
clean. Allow to cool 5 minutes before
cutting into wedges.

Donna Koehn, Blaine, Wash.

**Eggs Foo Yung
can be made
on an electric griddle
or frying pan at the table.**

.....
**Torta Pascualina
(Argentine Spinach Pie)**

Serves 4

350°

30-40 min.

Have ready:

**1 pie shell and crust for top,
unbaked**

Cook, drain, and chop finely:

1½ c. frozen or 2 qt. fresh spinach

Sauté until tender:

2 T. oil

1 onion, chopped

Combine:

spinach

sautéed onion

¼ t. nutmeg

1 t. oregano

½ t. salt

2 beaten eggs

1 c. grated Swiss cheese

Pour into pie shell. Arrange top crust and seal. Bake at 350° for 30-40 minutes.

Serve hot in wedges.

*Carol Byler, Montevideo, Uruguay
Jean Gerber Shank, Goshen, Ind.*

.....
Eggs Foo Yung

Serves 6-8

Patties:

Brown in skillet:

½ lb. ground beef

Combine in bowl:

**¾ c. finely chopped onion
or scallions**

¼ c. finely diced celery

**1 c. canned (drain) or 2 c. fresh
bean sprouts**

6 eggs, well beaten

1 t. salt

Add beef to egg mixture. Heat in a skillet:

2 T. fat

Fry by ¼ cupfuls. Keep patties shaped with pancake turner by pushing egg back into the patties. When set and brown on one side, turn and brown other side. Serve hot with rice and sauce.

Sauce:

Combine in saucepan:

¼ c. soy sauce

1 T. cornstarch

2 t. sugar

2 t. vinegar

¾ c. water or chicken broth

Cook, stirring constantly, until sauce clears. Keep hot.

Helen Hiebert, Winkler, Man.

*Hominy,
a traditional Southern
United States favorite,
is dried corn
with the
hull and germ removed.*

**Grits and Cheese
Casserole**

Serves 8

275°

1 hr.

Bring to boil in saucepan:

4 c. water

Add:

1 c. hominy grits

Cook over low heat 5 minutes, stirring occasionally. Remove from heat.

Add:

1/3 c. margarine

2 c. shredded cheese

1 t. Worcestershire sauce

6 drops hot pepper sauce

1 t. salt

3 eggs, beaten

Turn into 2 qt. casserole. Sprinkle with paprika.

Bake at 275° for 1 hour.

Miriam Bowers, Grantham, Pa.

*Very high in protein—
over 20 gr. per serving.
Homemade yogurt cuts cost.*

**Creamy
Egg and Noodle Bake**

Serves 8

350°

25 min.

Cook and drain according to package directions:

3 c. noodles

Sauté until tender:

2 T. margarine

1/2 c. finely chopped onion

Combine:

sautéed onion

drained noodles

8 hard-cooked eggs, chopped

Combine separately:

2 c. small curd cottage cheese

1 c. plain yogurt

1/3 c. Parmesan cheese

2 t. poppy seed

1 t. Worcestershire sauce

1/2 t. salt

dash pepper

Fold into noodle mixture. Pour into greased casserole.

Combine and sprinkle over:

3/4 c. soft bread crumbs

1 T. melted margarine

Bake uncovered at 350° for 25 minutes.

Becky Mast, State College, Pa.

.....

Sour Cream Substitute

Makes 1¼ c.

Combine in blender container:

¼ c. water

1 c. cottage cheese

Blend on high speed for 20 seconds,
until cottage cheese is liquified.

Add:

1 t. lemon juice

½ t. salt

¾ t. garlic or onion salt
chopped chives, or parsley

Use on salads, baked potatoes, or as a
dip with fresh vegetable sticks.

Virginia Birky, Salem, Ohio

.....

Buttermilk (from dry milk powder)

Makes 1 qt.

Pour into quart jar:

3 c. water at room temperature

Add:

1½ c. dry milk powder

Stir until dissolved. Add:

½ c. commercial buttermilk
dash of salt if desired

Stir until blended. Let stand at room
temperature until thickened. Stir just until
smooth; refrigerate. Stir before using.
Save ½ c. buttermilk to use as the base
for next batch.

Rosemary Moyer, North Newton, Kan.

*A big saving
over commercial
cheese spreads!*

.....

Cheese Spread

Makes 5 4-oz. jars

Combine in top of double boiler:

1½ c. (1 can) evaporated milk

1 lb. pasteurized process
(American) cheese, grated

Heat and stir over hot water until cheese
melts. Remove from heat and add:

2 T. vinegar

½ t. dry mustard

½ t. salt

dash cayenne pepper
flavoring (see options)

Stir occasionally as spread cools. Store
covered in refrigerator. Keeps several
weeks.

Options:

Flavor with crumbled bacon or
soybean-based bacon substitute,
crumbled blue cheese, chopped
pimiento, or onion and garlic salt.

After spread cools, form into ball or rolls.
Roll in chopped nuts or parsley. Serve
with crackers or celery.

Dorothy King, Dalton, Ohio

Cottage Cheese

Makes 1½ lb. cheese

Scald with boiling water:

**3-quart saucepan
measuring cup
whisk or slotted spoon**

Measure into saucepan and mix:

10 c. warm water (110°)

4 c. dry milk solids

**1 c. commercial buttermilk or
starter from previous batch**

Incubate at 90° constant heat for 11 hours, or until the milk has set to the consistency of custard. (A sharp knife will leave a clean cut.) If when you check the milk you find that the whey is separated, you will know that it has set too long. A good incubating place in most homes is the kitchen oven with *only* the light turned on.

Cut the curd. Dip out one cup of curd with a scalded dipper and put it into a scalded container. Stir. Cover tightly. Set in very cold place in back of refrigerator to keep for your next batch of cheese. With a sharp blade that reaches to the bottom of the pan, cut the curd in ¾" checkerboard squares. Slash crosswise with the knife to make uniform cubes. Let stand undisturbed 15 minutes.

Cook the curd. Pour hot water (120°) over the curds to a depth of 1 inch. Set pan in a large pot containing hot water (120°). Heat so gradually that the curd temperature rises 3 degrees every 10 minutes. Very gently rotate the curds, tumbling them over with a spoon, trying not to break them up. Repeat this every 10 minutes. At the end of 1¼ hours the curds should be shrunken quite separate from the whey.

Drain the curd. Dip the curds into a cotton bag or cloth. Reserve the whey for cooking and baking. Wash curds with tepid, then very cold water.

Add:

1 t. salt

Mix gently. Hang bag up to drain until cheese has reached the consistency you prefer. Store in a covered container in the refrigerator. For creamed cottage cheese, add:

½ c. cream

Option:

Buttermilk: Prepare milk for fermentation as directed. When curd is set, stir it vigorously with a whisk. Save a starter for future batches.

Used by permission from The No Fad Good Food \$5 a Week Cookbook, by Caroline Ackerman. New York: Dodd, Mead & Co., 1974.

Making Cheese

Basic directions for soft or hard cheese:

1.

Ripen the milk: Add 1 cup starter to 1 gallon fresh milk. Use buttermilk, yogurt, clabbered milk, or a commercial powdered cheese starter. Cover and set at room temperature overnight.

2.

Add rennet: Add ½ rennet tablet dissolved in ¼ c. cool water and stir thoroughly. Cover and leave 30-45 minutes, or until milk coagulates. This step can be omitted if, in ripening the milk, you let milk set 18-24 hours or until it separates.

3.

Cut the curd: When curd is firm and a little whey appears on the top, use a long sharp knife to cut into ½" strips lengthwise. Then slant the knife and cut crosswise in the opposite direction. Stir carefully with a wooden spoon.

4.

Heat the curd: Place the container of curds and whey into a larger container of water and heat slowly to 100°F. The temperature should rise 2 degrees every five minutes. Hold at this temperature until curd is of desired firmness. Gently squeeze a small handful of curds; curd is ready when it breaks easily and doesn't stick together. This should happen 1½ to 2½ hours after adding the rennet. For cream cheese, curd can be softer than for other types.

5.

Remove the whey: Pour curds and whey into a colander or strainer lined with cheesecloth or a clean dish towel. Stir or work through with your hands until whey has drained off and curds have cooled to 90°F. Save whey.*

6.

Salt the curd: Sprinkle salt to taste throughout the curd and mix well. To make *cottage cheese*, pour curds into a bowl, add a little cream, chill and serve. To make *cream cheese*, put in a cheese press** for 5 minutes to form.

To make *hard cheese*, proceed as follows:

7.

Press the curd: Wrap curd in a circle of cheesecloth. Put in cheese press and insert follower. Start with a weight of 3 or 4 bricks for 10 minutes; drain off any whey, replace follower, and add 2 more bricks. Remove from press after 1 hour.

8.

For *mild cheese*, press the cheese: Remove cheesecloth; rinse the cheese in warm water; smooth any holes in the surface. (If the cheese is not firm do not wash.) Dry with a cloth and replace in press. Let set 18-24 hours. Cheese is now ready to eat.

9.

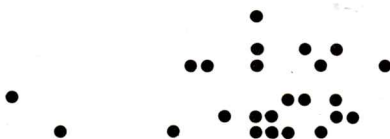
For *sharper cheese*, cure as follows: Wash and smooth cheese under warm water; put cheese on a shelf in a cool, dry place. Turn and wipe daily for 3 to 5 days, until a rind forms. Heat ¼ lb. paraffin to 210°F. Hold cheese in the paraffin for 10 seconds, covering the whole surface. Put cheese back on the shelf in a cool place and turn daily. Cheese can be cured any length of time up to five months, but taste from time to time to make sure it doesn't get stronger than you want. Each time you make cheese, results may be a little different. Don't let a failure deter you from trying again.

* Use whey in baking or cooking to replace water. Whey may be recooked to make various kinds of cheese; look for instructions in more detailed cheese-making manuals.

** Make cheese press from a plastic jug. Cut off both ends and cut two circular boards to fit tightly inside. Punch nail holes in the bottom board for drainage. Place bricks on top of the follower board to make weight.

Kamala Platt, Newton, Kan.

Gather Up the Fragments



1.

Moldy cheese: Just trim off mold and use remaining cheese—it's perfectly safe.

2.

Hard, dry cheese: Grate finely and sprinkle over spaghetti or other Italian dishes.

3.

Leftover egg yolks: Cover unbroken yolks with water to prevent drying out in the refrigerator.

— Two egg yolks will replace one whole egg in thickening power.

— Don't fret looking for special recipes calling for a few egg yolks; use them to enrich scrambled eggs, fried rice, breads, cakes, cookies, coffee cakes, sauces, puddings, and custards.

— Gently hard-cook unbroken egg yolks in small amount water. Grate over salads, sauces, or vegetables.

— To feed egg yolks to baby, break egg and drop yolk into gently boiling water to hard-cook. Collect whites in container in refrigerator or freezer. (To use whites, see below.)

— Mix one egg yolk with 1 T. water and brush over rolls and bread before baking—gives a lovely glaze.

— Use in these recipes:

Mock Hollandaise Sauce, p. 223

Cooked Mayonnaise, p. 245

Pumpkin Ice Cream, p. 275

4.

Leftover egg whites:

— Use 1 or 2 whites with several whole eggs in scrambled eggs or omelets—recommended for low-cholesterol diets.

— Beat 1 or 2 extra whites until stiff and fold into waffle or cake batter. Yields a higher, lighter product.

— Make a cornstarch pudding without eggs; pour into baking dish. Beat egg whites into meringue, adding 2 T. sugar per egg white. Spread over pudding and brown in oven. Good for cholesterol-watchers.

— Use in these recipes:

Jelly Frosting, p. 284

Whipped Topping II, p. 281

meats and fish

Meat could be used more imaginatively in North America. There are ways of serving meat other than placing a three by six-inch slab on every dinner plate.

When our family set up house-keeping in Saigon, I watched our cook unpack her market basket. I could not believe anything special would result from the tiny piece of pork and the little handful of shrimp she unfolded from a banana leaf. In my terms, it was enough to serve one person, and we were having guests. But that little bit of meat flavored a whole array of Vietnamese dishes. Vegetables and meat both tasted more exciting than do the Western each-stewed-in-its-own-juices varieties. This is one reason Oriental cuisine has so many converts.

Most of the recipes in this chapter are for meats as such. Check also the way meats are used together with vegetables in Chapters 4 and 8. No wonder our children will not eat vegetables. We cook them limp and watery and serve them up plain, when they could be stir-fried half crisp, complemented Asian-style with bits of meat and a delicious sauce. Try the Japanese Yaksoaba (on page 139), given me by a fourth-grade child who usually doesn't like her vegetables either.

In a beautiful way, using meat carefully and creatively also saves money and benefits health.

Buy straight meats

Check the table on Comparative Costs of Protein Sources, page 36. In almost every case, you pay less for 100 grams of protein by buying a chunk of raw fresh or frozen meat than you do by buying cold cuts, hot

dogs, canned meat spreads, breaded meat, or convenience foods containing meat. Exceptions are canned tuna and mackerel.

Note that in all-meat hot dogs, 100 grams of protein costs \$1.50. In ground beef the same amount of protein costs \$1.10. Canned pork luncheon meat costs \$1.66 for 100 grams of protein, sliced boiled ham \$2.88, but smoked picnic ham only \$1.24.

You pay for anything food processors do to meat. If you want your meat turned into cold cuts, cooked and put in cans, breaded, batter-dipped, or stuffed into casings, you pay for the labor involved. You pay for special packaging, energy to cook and process, and just for a fancier product with an appealing name.

Very rarely are chicken parts a better buy than whole chickens. At the time the chart on protein costs (p. 36) was prepared, whole chicken at 47 cents per pound cost 82 cents for 100 grams of protein. The same amount of protein in the form of cut-up chicken cost 92 cents, breasts cost \$1.46, and legs \$1.86.

The United States Department of Agriculture says that when whole fryers cost 45 cents per pound, chicken parts are an equally good buy if breasts are 63 cents, drumsticks and thighs 58 cents, and wings 36 cents. Check your supermarket against this guide. Usually you pay heavily for leaving bony pieces in the store. Meaty chicken parts sold separately are priced so high that you could view it this way: When you want chicken breasts or legs, buy several whole chickens, cut them up yourself, and you get the bony pieces free. You

gain a kettle of homemade chicken soup and meat for several casseroles.

Convenience products which have a long shelf life, such as luncheon meats and hot dogs, contain preservatives. Additives for color, flavor, and texture are also used liberally. These extended meat products may look cheap compared to raw fresh meat. Consider the cost of ingredients, however, to determine if you can do the same thing yourself for less.

Stir bread crumbs or ground soybeans into a meat loaf, and make enough for tomorrow's sandwiches. You pay less for both the meat and the filler than if you buy bologna. Get a sharp knife and slice your own cold cooked meat. Freeze ground cooked meat in convenient-sized containers for spreads. Rely on peanut butter, cheese, egg salad, and soybean spreads (see p. 114).

Bacon is not an economical protein source. Note on page 37 that it ranks at the top in price for 100 grams of protein. Nitrites used in processing bacon, hot dogs, and sandwich meats are increasingly suspected of causing cancer-related chemical reactions in the body. Furthermore, bacon is full of saturated fats. A little bacon really adds to the flavor of beans and other meatless dishes, but use it with a light touch if you use it at all. Soybean-based bacon substitutes are available but are fairly expensive.

Buy cheaper cuts

In the future as much grain as possible must be conserved for people to eat directly. This may

mean slightly tougher meat calling for long, slow cooking, but also meat that is lower in price, cholesterol, and calories.

For tougher cuts, learn to make stews and curries. The Chinese Savory Beef (p. 170), is a dish I often made in Vietnam where some chunks of beef brought home from the market were dark red, utterly devoid of fat, and tough as shoe leather. I suspect this "beef" originated from the backsides of worn-out water buffaloes who had plowed many a paddy. Savory seasoning and 4-hour stewing turned the shoe leather into delicious tender dishes.

Eat less of it

Earlier chapters documented that North Americans overeat protein. Cut the meat in smaller portions and serve it less frequently.

The fun of experimenting with a new eating style comes through again and again in letters from our contributors. North Americans have such wide resources of food available that learning to eat less animal protein should not be a painful process.

*Make up in quantity
and freeze patties
to save time later.*

Soy, Cheese, and Meat Loaf

Serves 5

375°

45 min.

Preheat oven to 375°.

Combine in mixing bowl:

½ lb. ground beef

**2 oz. vegetable-protein
meat extender with**

¾ c. milk

**OR ¾ c. ground cooked
soybeans, mashed**

2 eggs

⅓ c. bread crumbs or rolled oats

**½ c. grated cheese or cottage
cheese**

2 T. minced parsley

1 minced onion

1 t. salt

pepper

Shape into loaf and spread with ketchup
or tomato sauce, if desired. Bake 45
minutes. Let cool 5 minutes before
slicing.

To mash soybeans easily, whirl in
blender together with eggs and cottage
cheese.

*Christine Swartzendruber, Ft. Wayne, Ind.
Olive Schertz, Tiskilwa, Ill.*

Basic Burger Mix

Serves 6

350°

35 min.

Put through food grinder in order given:

1 c. cooked soybeans, drained

**1 c. any cooked meat OR raw
ground beef (grinding not
necessary)**

1 onion, coarsely chopped

1 c. whole wheat bread pieces

Add:

2 T. parsley, chopped

2 eggs, beaten

1 t. salt

½ t. celery salt

½ t. garlic salt

2 t. Worcestershire sauce

other seasonings to taste

Form into patties and coat with:

**½ c. dry bread crumbs or
wheat germ**

Fry in oil, bake at 350° for 35 minutes,
broil, or grill over charcoal. Serve in
warm buns with lettuce and tomato.

Option:

Omit meat and add 1 c. cooked brown
rice.

Lois Hess, Columbus, Ohio

Five-Hour Stew

Serves 8

250°

5 hrs.

The evening before, brown in Dutch oven:

2 lbs. stew meat, dredged in flour

Add:

favorite seasonings (salt, pepper, garlic, basil, parsley)

3 large potatoes, cut up

1 medium onion, cut up

4 carrots, cut in chunks

1 qt. stewed tomatoes

¼ c. tapioca, sprinkled over all

Refrigerate overnight. Bake covered, for 5 hours at 250°.

Lois Zehr, Ft. Dodge, Iowa

Poor Man's Steak

Serves 5-6

300°

1½ hr.

Combine and mix well:

1½ lbs. ground beef

½ c. fine bread or cracker crumbs

½ c. water

2 t. salt

½ t. pepper

Pat out about ¾" thick on cookie sheet.

Refrigerate overnight. Cut into pieces, dip into flour, and brown in small amount hot fat.

Preheat oven to 300°.

Lay pieces in baking dish or roaster.

Pour over:

**1-2 c. mushroom or tomato sauce
(see p. 118)**

Bake 1½ hours.

*Anna Petersheim, Kinzers, Pa.
Clara Yoder, Milford, Del.*

Oven Beef Stew

Serves 4

350°

2 hrs.

Shake in a bag:

2 T. flour

1 t. salt

dash of pepper

1 lb. beef cubes

Heat in heavy skillet:

2 T. shortening

Brown beef cubes, then place in greased casserole dish.

Preheat oven to 350°.

Add:

2 c. tomato juice

1½ c. chopped onion

½ t. dried basil

Cover and bake 1 hour.

Add:

4 medium potatoes, cubed

4 medium carrots, cut in 1" pieces

Bake 1 hour longer, or until tender.

Bonnie Zook, Leola, Pa.

Making the most of stewing chicken: Wash chicken and remove as much fat as possible. Simmer slowly with water in large kettle or roast in slow oven until tender.

Remove meat from bones, reserving all skin and undesirable parts such as lungs and kidneys. Freeze meat and broth in separate containers for more flexibility in usage.

Chop fat into small pieces and render slowly in heavy pan, stirring occasionally to prevent sticking. Strain. Freeze in 1 pound cottage cheese boxes.

Hamburger Stew

Serves 6

Brown in heavy kettle:

1 lb. ground beef

Drain excess fat and add:

2 c. tomato juice

½ c. chopped onion

1 c. diced potatoes

1 c. diced carrots

2 t. salt

Cover and simmer until vegetables are tender.

Make white sauce:

2 T. butter

2 T. flour

2 c. milk

Blend into first mixture and serve.

Option:

Add limas, soybeans, corn, green beans or other vegetables. Increase liquid as needed.

Sarah E. Campbell, Dayton, Va.

Filled Round Steak

Serves 4-5

300°

2 hrs.

Prepare:

1-1½ lbs. round steak

If 1" thick, cut through horizontally to make thin large steaks. Or pound a ¾" steak to make it large and thin.

Combine for filling:

1 c. leftover mashed potatoes

½ c. dry bread crumbs

1 small onion, diced

1 egg

salt and pepper to taste

Spread filling over meat and roll up. Tie with string or secure with toothpicks.

Place in baking pan. Baste with bacon drippings or margarine, cover, and bake at 300° for 2 hours, or until tender.

Remove to platter and slice.

Serve with brown gravy:

Brown in 4 T. meat drippings:

2-3 T. flour

salt and pepper

pinch sugar

Add liquids from cooking vegetables. Cook and stir until thickened.

Susanna Vogt, Drake, Sask.

Use in baking to replace up to half of shortening.

Skin and other discarded parts make excellent dog food. Mix in a blender with oatmeal and/or dried bread and leftover vegetables. Freezes well.

—Esther Hostetter, Akron, Pa.

Hamburger-Onion Pie

Serves 6-8

400°

30 min.

Preheat oven to 400°.

Combine with fork:

1 c. biscuit mix (see p. 69)

½ c. light cream or evaporated milk

Knead and roll dough to line 9" pie pan.

Sauté:

1 lb. ground beef

2 medium onions, sliced

Add:

1 t. salt

¼ t. pepper

1 t. curry powder

2 T. flour

Spread meat mixture in dough-lined pan.

Combine:

2 eggs, slightly beaten

1 c. small-curd cottage cheese

Pour over meat but *do not* mix. Sprinkle with paprika.

Bake 30 minutes.

Viola Wiebe, Hillsboro, Kan.

Fiesta Sloppy Joes

Serves 6

Brown in heavy skillet, keeping meat in chunks:

1 lb. ground beef (may use part soy extender)

Drain off excess fat. Add:

¾ c. uncooked rice

1 c. sliced onion

¼ c. chopped green pepper

1 clove garlic, minced

½ t. sugar

¼ t. dry mustard

¼ t. celery seeds

1 t. salt

¼ t. chili powder

2 c. cooked tomatoes or

1½ c. tomato juice

Bring to a boil. Reduce heat to low, cover, and cook 25 minutes without stirring. Stir and serve hot in buns.

Author's Recipe

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Chinese Savory Beef

Serves 8

Heat in heavy skillet or Dutch oven:

2 T. oil or minced fat from beef

Add and quick-fry until brown:

**2 lb. lean beef, cut in 1½" squares
(may use very tough meat)**

Add and quick-fry a few minutes:

3 scallions, chopped

OR 1 onion, chopped

2 cloves garlic, crushed

2 thin slices ginger (optional)

Add:

½ c. soy sauce

2 T. brown sugar

⅛ t. pepper

3 c. water

Bring to a boil. Reduce heat, cover, and simmer 3 hours. Add more liquid if needed. Just before serving thicken with small amount flour if desired. Serve over rice or noodles.

Option:

20-30 minutes before serving add ½ lb. vegetables, such as green pepper, mushrooms, or carrots.

Author's Recipe

.....

Chinese Meatballs

Serves 8

Cook rice or noodles to serve 8.

Prepare and reserve ready to fry:

1 cucumber, peeled and sliced

2 stalks celery, sliced

2 green peppers, sliced

1 large onion, sliced

1½ c. frozen peas

2 large tomatoes, cut in wedges

**1½ c. pineapple chunks, drained
(reserve juice)**

Season, shape into small balls, and fry:

**1½ lb. ground beef (may use
part soybean extender)**

Combine and pour over meatballs:

¾ c. brown sugar

¾ c. vinegar

3 T. soy sauce

½ t. ginger

juice from pineapple

2-3 T. cornstarch

Allow sauce to thicken, then reduce heat and simmer 20 minutes.

In separate skillet, stir-fry vegetables in small amount of hot oil until crisp-tender, adding tomatoes and pineapple last.

Serve on large platter with rice or noodles in center, meatballs around, vegetables over the rice, and sauce over all.

Erma Weaver, Manheim, Pa.

See also p. 134
for Vegetable Curry
and side dish recipes.

.....
**Basic
Meat Curry**

Serves 8

Sauté in heavy deep skillet or kettle:

- 2 T. fat, oil, or shortening**
- 2 onions, finely chopped**
- 1-2 cloves garlic, minced**

Blend in small bowl:

- 2 T. lemon juice or vinegar**
- 2-4 t. curry powder**

Stir curry mixture into sautéed onions and fry lightly 1-2 minutes. This produces a relatively mild curry; if desired, season with additional spices as listed under Option 1 below.

Add one of the following:

- 1 3-lb. chicken fryer, cut into 12-15 small pieces**
- 2 lbs. beef, cut in 1" chunks**
- 2 lbs. mutton, cut in 1" chunks**
- 2 lbs. boneless fish, cut in chunks**
- 3 c. any leftover cooked diced meat**
- 2 lbs. meatballs, browned**

Stir-fry briefly to coat meat with spices.

Add:

- 1 c. tomato juice or sauce**
- 1 t. salt**
- 1-2 c. broth or water**

Bring to a boil, reduce heat, cover, and simmer about 2-3 hours for beef and mutton, 1½ hours for chicken, 20 minutes for fish and cooked meats. Add more liquid during cooking as needed for thin stew consistency. Thicken slightly with flour just before serving, if desired.

Serve with hot steamed rice and, if desired, a selection of the following condiments placed in small bowls:

Chop Salad, p. 250
Tomato Chutney, p. 135
peanuts
sunflower seeds
coconut
chopped scallions, onions,
tomatoes, green pepper
pineapple tidbits
diced apples
raisins
banana slices
chopped hard-cooked eggs

Options:

Ideally all curry powder should be added at the beginning and fried briefly before adding meat. But if later the curry tastes bland, add more. Experience tells. Curry is a blend of spices; among those used are cardamom, cloves, cinnamon, coriander, tumeric, ginger, cumin, and cayenne. Season with these alone or use in combination with curry powder.

About 20 minutes before serving add 2 medium potatoes, cubed.

Egg curry: Replace broth or water with additional tomato sauce. Use 8-10 hard-cooked eggs, halved, to replace meat. Heat through and serve.

Make curry ahead of time and reheat before serving. Freezes well.

Author's Recipe

Five meals from a leg of lamb:

Meal 1—Roasted leg of lamb with gravy.

Meal 2—Sliced roast, served cold, or heated in foil in oven.

Meal 3—Scrappy slices, served with mushrooms in leftover gravy on toast.

West African Groundnut Stew

Serves 8

In large heavy kettle, heat:

3 T. oil

Add:

**2 lbs. beef cubes, 1" or smaller,
rolled in flour**

While browning, add:

½ t. nutmeg

1 T. chili powder

When meat is browned, add:

4 medium-sized onions, sliced

1 clove garlic, minced

¾ c. tomato paste

6 c. water

red pepper, if desired

Simmer until meat is tender.

A half hour before serving, heat in small
saucepan:

½ c. chunky peanut butter

2 T. oil

Stir over medium heat 5 minutes. Add
peanut-butter mixture slowly to beef stew
and simmer over low heat 20 minutes.
Serve over rice. May be accompanied
with small dishes of condiments. See
curry condiments, p. 171.

Options:

Use chicken pieces in place of beef.

To use leftover cooked meat, begin by
sautéing onion and garlic, then add meat
with tomato paste and water.

Genghis Khan

Serves 5-6

Heat in heavy skillet:

2 T. oil

Add and brown quickly:

1 lb. thinly sliced mutton or beef

Add:

2 large onions, sliced

4 carrots, thinly sliced

2 green peppers, sliced

2 stalks celery, sliced

Stir-fry briefly, then add:

¼ c. Worcestershire sauce

½ c. soy sauce

1 T. sesame seeds

Heat through until vegetables are
crisp-tender. Serve over hot rice.

Ruth Zook, Toyoto, Japan

Grace Hostetter, Lagos, Nigeria

Alice and Willard Roth, Elkhart, Ind.

Vietta Nofziger, Barberton, Ohio

Meal 4—Bits of meat trimmed from bone, ground and mixed with rice, seasonings, celery, onion, and any leftover gravy for casserole.

Meal 5—Cook the bone thoroughly for soup. Use at least 2 waters to get all the broth.

**—Ruth Hershberger,
Harper, Kan.**

**Liver
Fricassee**

Serves 6

Pour boiling water over:

1 lb. sliced liver

Let stand 5 minutes. Drain, wipe dry and cut into strips.

Dredge with:

½ t. salt

⅓ t. pepper

¼ c. flour

Brown quickly in hot bacon or other fat.

Add:

½ t. poultry seasoning

½ t. celery salt

1 c. cooked tomatoes

1 onion, chopped

1 c. boiling water

Simmer 45 minutes. Serve with cooked noodles.

Elsie Epp, Marion, S.D.

**Stir-Fried
Liver**

Serves 4

T.S

Cut in strips:

½ lb. partially frozen liver

Combine:

**2 slices fresh ginger root, minced
(optional)**

2 t. cornstarch

2 t. cooking sherry (optional)

1 T. soy sauce

¼ t. sugar

Add to liver and toss to coat. Let stand 20 minutes.

Heat in skillet:

2 T. oil

Add:

2 scallions, chopped

1 clove garlic, minced

½ t. salt

**approx. 2 c. of any of these
vegetables, sliced:**

mushrooms, peas, green

beans, celery, carrots, green

pepper

Stir-fry just until vegetables are crisp-tender. Remove vegetables from skillet. Add liver and stir-fry 2-3 minutes. Return cooked vegetables to skillet and stir to reheat. Serve over rice.

Option:

Just before returning vegetables to skillet, add a sauce of 1 c. beef broth and 2 t. cornstarch.

Louise Lehman, Wapakoneta, Ohio

Lois Kauffman, West Point, Neb.

*This recipe, invented when
our children were small,
continues as a family favorite.
There's no meat to cut
at the table and
fingers are allowed.
I serve it with buttered corn
and green salad.
Seldom is even one stick
left for the cat!*

Our-Children-Love Liver

Serves 4-5

Cut into sticks about ½" wide and 2-3" long:

**1 lb. partially frozen sliced
beef liver**

Place liver sticks on absorbent paper to catch excess juice as meat thaws.

Fry in a large skillet:

2-4 slices bacon

When crisp, remove and set aside.

Combine in paper bag:

¼ c. flour

**1 t. salt or seasoned salt
dash pepper**

Shake liver sticks in the bag. Place one by one in hot skillet and fry in bacon fat over medium heat. Turn sticks individually with sharp-tined fork as they brown. Fry only until crisp and golden—5-8 minutes. Remove to platter.

Add small amount oil to skillet if necessary.

Add and fry briefly, stirring constantly:

**1 onion, sliced and separated
into rings**

Sprinkle with salt and pepper. When onion rings just begin to wilt, transfer to platter and arrange over liver sticks with crisp bacon, broken into pieces. Eat as finger food and pass ketchup for dipping.

Author's Recipe

Baked Beef Heart

Serves 10-12

300°

2 hrs.

Prepare heart by removing as much fat and tendon as possible. Salt freely with seasoned salt. Fill with moist bread stuffing.

Place heart in a covered roaster and add about ½" water. Bake at 300° for 2 hours. Potatoes and green beans may be added to the roaster, allowing 1 hour cooking time.

Slice through heart and stuffing to serve. Arrange slices on platter with vegetables.

Vietta Nofziger, Barberton, Ohio

**"Venison, moose, elk, mutton,
goat, or economy cuts of beef
can be transformed
into company fare
with this method.
The aroma is wonderful!
Bake potatoes
and an apple dessert alongside,"
says contributor.**

.....

Wild Game Braise

Serves 12

325°

3-4 hrs.

Heat in heavy skillet or Dutch oven:

cut-up fat or tallow from meat

When skillet is well-greased, remove remaining fat pieces.

Brown in hot fat, a layer at a time:

**3 lbs. meat, sliced ¾" thick
(use less tender cuts)**

Season with:

salt and pepper

Add:

1 c. hot water

Sprinkle over in a layer:

**2 large onions, sliced
salt and pepper**

Bring to boiling point and cover.

Bake at 325° for 3-4 hours. Add more water if necessary.

Make gravy from pan drippings.

Martha Nafziger, LaCrete, Alta.

.....

Ham Loaf

Serves 8

350°

1½-2 hrs.

Combine in bowl:

1 lb. fresh pork, ground

1 lb. cured ham, ground

1 c. bread crumbs

1 egg

1 t. salt

½ t. pepper

¾-1 c. milk

Mix well. Shape into a loaf, dust with flour, and place in baking pan.

Bake at 350° for 1½-2 hours.

At the end of 1 hour pour over the loaf either

1 c. tomato juice

or this sauce:

¾ c. brown sugar

1 t. dry mustard

½ c. water

½ c. vinegar

Bring to boil before pouring over ham loaf.

*Mennonite Community Cookbook, used
by permission.*

When you have a roast or fried meat and don't want gravy, add some water to the pan and bring to a boil. Store liquid in the refrigerator to use in another meal.

*—Elmira Frey,
Elizabethtown, Pa.*

Put that oven heat to good use with a dessert and some baked goods for the week ahead.

.....
**German
Pork Chops**

T·S

Serves 6

350°

1 hr.

Preheat oven to 350°.

Place in bottom of greased casserole dish:

2-3 potatoes, pared and sliced

Sprinkle with:

**salt, pepper, and caraway seed
to taste**

Add:

2 c. drained sauerkraut

Sprinkle with more caraway seed.

Top with:

6 pork chops

salt, pepper, and caraway seed

Pour over:

½ c. water

Bake, covered, 1 hour, or until done.

Uncover last 15 minutes to brown chops.

Danita Laskowski, Goshen, Ind.

.....
**Pork Hocks
Pot Dinner**

T·S

Serves 4

325°

4 hrs.

TS—needs time not attention

Preheat oven to 325°.

Place in large casserole with cover:

4 pork hocks

Cover with:

**2-3 c. drained sauerkraut
(reserve liquid)**

1 t. caraway or celery seed

¾ c. sliced onion

Pour over:

**reserved sauerkraut liquid plus
water to make 2 c.**

Cover and bake 3 hours.

Add to casserole:

**4 medium potatoes, pared and
halved**

salt and pepper to taste

Cover and continue baking 1 hour or until meat and potatoes are tender.

Lois Kauffman, West Point, Neb.

*Groats are hulled and crushed
or coarsely ground grains.
Buckwheat groats
(South Dakota Mennonites
say "gritz") are eaten in
Russia as kasha.
This old recipe from the
Freeman community probably
originated in Russia.*

Sweet and Sour Pork

Serves 5

Combine in bowl for marinade:

- 1 egg, beaten**
- 1 T. sugar**
- 1 t. salt**
- 1 T. soy sauce**

Add to marinade and let stand 20-30 minutes:

- 1 lb. lean pork, cubed**

Prepare and set aside:

- 1 clove garlic, minced**
- 4 slices ginger root, finely chopped (optional)**
- 1 green pepper, cut in chunks**
- 1 onion, cut in wedges**
- 1 tomato, cut in wedges**
- ¾ c. pineapple chunks, drained (reserve juice)**

Combine and set aside:

- 3 T. vinegar**
- 3 T. brown sugar**
- 2 T. soy sauce**
- 1 T. cornstarch**
- ¾ c. pineapple juice**

Heat in a wok or skillet:

- 4 T. oil**

Dredge pork cubes in cornstarch. Fry on all sides until brown. Remove from skillet and keep warm. Pour off excess fat if necessary, leaving about 2 tablespoons. Stir-fry garlic, ginger, peppers, and onions 2-3 minutes. Add tomato chunks, pineapple chunks, and sauce ingredients. Cook just until sauce thickens and clears. Return pork to skillet, heat to bubbling, and serve immediately with hot rice. Onions and peppers should be partially crisp.

*Jessie Hostettler, Portland, Ore.
Bonnie Zook, Leola, Pa.*

Pork-Grits Sausage

Makes 3-4 lbs. sausage

Boil until well done:

- 3 lb. pork roast in
several cups water**

Place in large bowl:

- 2 c. buckwheat groats (grits)**

Pour boiling pork broth over groats. Set aside.

Sauté until clear, but not brown:

- ¼ c. fat**
- 1 large onion, chopped**

Grind the cooled pork. Combine:
**groats (drain off some broth
if necessary)**

- meat**
- onions**
- salt and pepper**

Form into patties and freeze.

To serve brown in frypan or broil.

Adina Graber, Freeman, S.D.

*Delicious for lunch
or supper
as well as breakfast.*

.....
**Grace's
Kitchen-Stove Scrapple**

Serves 6-8

Brown in skillet:

**1 lb. bulk sausage or
hamburger-sausage mixture**

Drain off some fat, if necessary.

Add:

1 small carrot, grated

¼ c. chopped celery

½ c. chopped green onion

Sauté until tender. Season with salt, pepper, onion, and garlic salt as desired.

In large saucepan, bring to a boil:

3 c. water or stock

Combine and stir slowly into boiling water:

1 c. cold water

1 c. cornmeal

Stir constantly over medium heat until thick. Cover and cook 10 minutes longer, stirring occasionally.

Add sausage-vegetable mixture to cornmeal mixture. Rinse loaf pan in cold water, then pour in scrapple. Cover and refrigerate overnight. Slice ½" thick, dip in flour, and fry until crisp. Serve with syrup, apple butter, or ketchup.

Grace Whitehead, Kokomo, Ind.

.....
**Cornmeal
Scrapple**

Serves 6-8

In heavy saucepan, bring to boil:

3½ c. water, stock or broth

Combine in bowl:

1½ c. cornmeal

½ c. flour

1½ t. salt

½ t. each savory, sage, and pepper

1½ c. cold water

Slowly add cornmeal mixture to boiling water, stirring constantly with wire whisk.

When thickened, add, bit by bit:

**¾ c. raw ground meat (beef
or pork)**

When well blended, turn into double boiler and cook slowly over hot water for 2 hours. Pour into a loaf pan and chill at least 12 hours. Slice ¼-½" thick, dust with flour, and fry in shallow hot fat until golden. Serve with syrup, jam, applesauce, or apple butter.

Arlie Weaver, Chinle, Ariz.



.....

**Coating Mix
For Oven-Fried Chicken**

T-S

Makes 2 $\frac{1}{3}$ c. mix

350°

1 hr.

Combine in a bowl:

2 c. dry bread crumbs (see p. 85)

1 $\frac{1}{2}$ t. salt

1 $\frac{1}{2}$ t. paprika

1 t. celery salt

1 t. onion salt

$\frac{1}{4}$ t. pepper

1 t. poultry seasoning (optional)

$\frac{1}{4}$ c. vegetable oil

Blend ingredients with fork or pastry blender until well mixed. Keeps unrefrigerated in tightly covered container.

When ready to use:

Preheat oven to 350°.

Put $\frac{1}{2}$ c. coating mix in plastic or paper bag. Moisten chicken pieces with water or milk and shake one piece at a time in bag. Add more mix as needed. Lay chicken skin-side up in greased pan and bake 1 hour or until tender. No turning needed.

Option:

Use for fish fillets. Bake 30 min.

Grace Anders, Souderton, Pa.

.....

**Baked Herb
Chicken**

T-S

Serves 6

325°

1 $\frac{1}{4}$ hrs.

Preheat oven to 325°.

Arrange in 9x13" baking pan:

1 3-lb. fryer, cut up

Combine and pour over:

**1 $\frac{1}{4}$ c. thick mushroom sauce
(see p. 118)**

OR 1 can mushroom soup

1 t. grated lemon rind

2 T. lemon juice

$\frac{1}{2}$ t. salt

$\frac{1}{4}$ t. basil

$\frac{1}{4}$ t. oregano

Bake uncovered 1 $\frac{1}{4}$ hours. Serve with hot cooked rice.

Option:

Bake at 250° for 2 $\frac{1}{2}$ -3 hours—makes a good Sunday chicken dinner.

Carolyn Weaver, Lancaster, Pa.

Honey-Baked Chicken

Serves 6

350°

1¼ hrs.

Preheat oven to 350°.

Arrange in shallow baking pan, skin-side up:

1 3-lb. fryer, cut up

Combine and pour over:

½ c. margarine, melted

½ c. honey

2 T. prepared mustard

1 t. salt

1 t. curry powder

Bake 1¼ hour, basting every 15 minutes, until chicken is tender and nicely browned. Good served with rice.

Jan Harmon, Upland, Calif.

Two Meals For Four People From a Three-Pound Chicken

Meal 1: Chicken Stew

Combine in soup kettle:

5 c. water

4 chicken bouillon cubes

¼ c. wine vinegar

celery leaves

1 onion, chopped

1 chicken, cut in pieces

salt and pepper

Place in tea ball or spice bag and add:

4 cloves

4 peppercorns

½ bay leaf

Simmer until chicken is tender. Near end of cooking time, add desired vegetables, such as:

4 medium potatoes, halved

4-6 carrots, in large chunks

1-2 c. fresh or frozen peas
(add shortly before serving)

Remove spice ball. Remove to serving dish meaty chicken pieces and vegetables. Reserve some meat and most of broth for Meal II. Refrigerate or freeze.

Meal 2: Chicken Soup

Bring stock to boil. Add:

½ c. uncooked rice OR 1-2 c.
leftover cooked rice

Sauté in small skillet:

2 T. margarine or oil

2 carrots, chopped

2 stalks celery, chopped

1 c. peas (optional)

Just before serving, add reserved meat and sautéed vegetables to stock and rice. Heat and serve.

Norma Fairfield, Singers Glen, Va.

.....

Baked Chicken With Tomato-Rice Stuffing

T.S

Serves 4

350°

1 hr.

Brown in skillet:

2 lbs. chicken parts

Preheat oven to 350°.

While chicken fries, combine in bowl:

1/3 c. chopped celery

1/4 c. chopped green pepper

1/3 c. chopped onion

2/3 c. uncooked rice

1 c. cooked tomatoes

1/2 c. water

3/4 t. salt

dash pepper

1/4 t. powdered sage

Turn into 12x7x2" baking dish.

Arrange chicken on top of rice. Sprinkle with additional salt, pepper, and paprika.

Cover; bake 1 hour, or until chicken is tender.

Linda Grasse, Chambersburg, Pa.

.....

Chicken Pie

Serves 6

400°

20 min.

Place in large kettle:

1 3-lb. chicken

5 c. water

1/2 t. salt

Cook until chicken is tender. Drain, reserving broth. Remove meat from bones.

Cook in small amount salted water:

1 c. sliced celery

**2 c. frozen mixed vegetables
or similar combination**

Drain vegetables, reserving broth.

In saucepan combine:

5 T. flour

1/2 c. light cream or milk

2 1/2 c. chicken and vegetable broth

1 t. salt

1/8 t. pepper

Cook over medium heat, stirring constantly, until thickened. Stir in vegetables. Place 1/3 of vegetable mixture in 2 qt. casserole. Add chicken meat, then remaining vegetable mixture. Bake at 400° until bubbly, about 20 minutes.

Meanwhile, prepare 1 recipe biscuits (see p. 72). Cut with doughnut cutter, if desired. Top casserole with biscuits and return to oven for 10-15 minutes until biscuits are golden.

Option:

Substitute canned tuna or leftover cooked beef for chicken. Use bouillon cubes to replace broth.

*Annetta Kaufman, Fonda, Iowa
Anna K. Hersh, Glenshaw, Pa.*

*A traditional
Pennsylvania Dutch dish,
sometimes seasoned
with saffron.*

**Chicken
Potpie**

Serves 6-8

Cook in large kettle until tender:

- 1 large chicken fryer or
stewing hen, cut in pieces**
- 2-3 qt. water**
- salt and pepper**

Cook until tender. Remove chicken pieces, cool, and remove meat from bones.

Prepare vegetables:

- 2-3 potatoes, cubed**
- 1 onion, chopped**
- 2 stalks celery, chopped**
- ¼ c. parsley, chopped**

Prepare potpie dough:

Combine:

- 2 c. flour**
- ¼ t. salt**

Cut in:

- 1 T. lard or shortening**

Add:

- ¼ c. water**
- 1 large egg, slightly beaten**

Mix to form a ball. Cover bowl and let stand 15 minutes.

Add vegetables and chicken meat to broth. Cook just until vegetables are tender. On a floured surface, roll out potpie dough as thin as possible, cut into 1½" squares, and drop into broth. Cook 5-10 minutes and serve.

Rhoda King, Cochranville, Pa.

**Chicken-Pineapple
Skillet**

Serves 6

T-S

Bone and skin:

- 2 or 3 chicken breasts
(cook bones and skin for broth
to use in another dish)**

Cut each breast half into 10-12 strips.

Assemble:

- 1 onion, halved and sliced**
- 1 c. celery, sliced diagonally**
- 1 green pepper, cut in strips**
- 2 c. pineapple chunks, drained
(reserve juice)**

Combine in bowl:

- pineapple juice**
- 2 t. cornstarch**
- ½ t. cinnamon**
- 1½ t. soy sauce**

Heat in large skillet:

- 2 T. margarine or oil**

Over high heat sauté strips of chicken. Sprinkle with salt and stir constantly for 3 minutes. Add onion, celery and green pepper and continue to cook, stirring constantly 2 minutes. Add pineapple, then juice mixture. Stir and bring to a boil. Reduce heat and cook just until clear. Serve over hot rice.

Option:

Use leftover cooked chicken; add to sautéed vegetables just before adding juice mixture.

*Rhoda Ehst, New York, N.Y.
Marjorie Ropp, Montreal, Que.*

*Contributor suggests
freezing leftover turkey
in 2-c. containers
for use in this recipe.*

Chicken Strata

Serves 6

325°

50 min.

Prepare:

8 slices day-old bread

Butter 2 slices bread, cut in 1/2" cubes and set aside. Cut remaining bread in 1" cubes and place half in bottom of 8x8x2" baking dish.

Combine in a bowl:

2 c. diced cooked chicken or turkey

1/2 c. chopped onion

**1/2 c. chopped green pepper
(optional)**

1/2 c. finely chopped celery

1/2 c. mayonnaise

3/4 t. salt

dash pepper

Spoon over bread cubes. Sprinkle remaining unbuttered bread cubes over chicken mixture.

Combine in bowl:

2 slightly beaten eggs

1 1/2 c. milk

Pour over all. Cover and chill 1 hour or overnight.

Preheat oven to 325°.

Spoon on top:

**1 1/4 c. white sauce made with
mushrooms or chicken broth
(see p. 118)**

**OR 1 can cream of mushroom
soup**

Sprinkle with buttered cubes. Bake 50 minutes, or until set.

Janice Wenger, Ephrata, Pa.

*Contributor says,
"My grandmother brought
this recipe when she came
with other Mennonites
from Russia to the United States.
They stopped for some time
in Turkey
where they learned
to make pilau."*

Chicken Pilau I

Serves 8-10

Cook until tender:

1 stewing hen

5-6 c. water

salt and pepper

Remove chicken pieces and skim broth.

Combine in large saucepan:

4 c. broth

2 c. rice

1/4 c. finely diced carrot

1/2 c. raisins

1-2 t. salt

dash pepper

Bring to boil, stir briefly, cover and cook without stirring on very low heat until rice is almost done. Place chicken pieces on top and finish cooking.

Option:

For a spicier pilau, add onion, garlic, and curry.

Elsie Epp, Marion, S.D.

Chicken Pilau II

Serves 8

Combine in large kettle:

- 1 3-4 lb. frying chicken, cut up
- 2 qts. water
- 1 clove garlic
- 1 t. salt

Sauté in small skillet:

- 3 T. oil
- 2 onions, minced

Add to chicken and bring to a boil. Cover and simmer 20 minutes.

Add:

- 2½ c. brown rice

Cover and simmer 40 minutes, or until chicken and rice are done.

Remove chicken to a platter.

Stir into rice:

- 1½ c. raisins
- 1½ T. curry powder
- 1 t. salt
- 1 T. honey
- 2 T. lime or lemon juice

Mound rice around chicken and garnish with:

- ½ c. slivered almonds (optional)
- ¼ c. chopped parsley

Cleta Gingerich, Colorado Springs, Colo.

Chicken or Turkey Loaf

Serves 6

325°

1 hr.

Preheat oven to 325°.

Combine in large bowl:

- 1 c. chicken broth
- 2 slightly beaten eggs
- 1 c. soft bread crumbs
- 2 T. chicken fat or margarine
- 3 c. cooked chicken or turkey, ground or finely chopped
- ½ c. finely chopped celery
- 3 T. finely chopped onion
- 2 t. crushed sage
- 1 t. salt
- ¼ t. pepper

Mix thoroughly and place in greased loaf pan. Bake 1 hour, or until firm.

Miriam Byer, Upland, Calif.

*Sometimes chicken wings
are available cheaply
by the pound—
or you can slowly accumulate
a bagful in the freezer.*

.....

**Chicken Wings
Hawaiian**

Serves 5-6

350°

45 min.

Cut off tips from:

2 lbs. chicken wings

Cook tips in 1½ c. salted water to make broth. Reserve for sauce below.

Cut remaining pieces in two. Arrange side by side in shallow baking pan.

Combine in saucepan:

½ c. soy sauce

1 clove garlic, crushed

**½ c. finely chopped green onions
(or 1 onion)**

¼ c. sugar

1 t. dry mustard

1 t. ground ginger

¼ c. margarine

¼ c. water

Bring to boil and cool. Pour over chicken, refrigerate, and marinate several hours. Turn pieces, then place in 350° oven without removing sauce. Bake uncovered 45 minutes, turning pieces after 30 minutes.

Cook rice. Lift out chicken pieces and arrange like spokes of a wheel on platter of hot cooked rice. Garnish with parsley.

Skim fat from remaining sauce if necessary and heat quickly with 1 c. chicken broth. Thicken with:

2 t. cornstarch

2 T. water

Pass sauce.

Author's Recipe

*The chicken is the parent;
the egg, the child,
in this very standard
Japanese meal.
Serve with salty pickles
and green tea.*

.....

**Oyako Domburi
(Japanese
Parent-Child Dish)**

Serves 4

Cook rice for 4 persons (see p. 125)

Cut into small servings:

**½ lb. raw chicken cut from bone
(use 1 large breast)**

OR chicken leftovers

Beat in a bowl:

5 eggs

Dust chicken pieces with flour, dip in beaten egg (reserve extra), and fry on both sides in hot oil until brown.

Combine in saucepan:

1 c. water

3 dried mushrooms

Simmer 10 minutes, remove mushrooms, and cut fine.

Drain any excess oil from skillet. Add to skillet:

mushrooms and liquid

¼ c. sugar

⅓ c. Japanese-type soy sauce

Simmer 15 minutes. Add:

2 scallions, cut diagonally,

OR 1 onion, sliced

Simmer 10 more minutes. Add:

2 c. chopped fresh spinach

While spinach is still bright green, add reserved beaten eggs to skillet and cover. Cook briefly, just until set. Ladle over individual rice servings in bowls and top with chopped parsley.

Mary Alene Miller, Obihiro, Japan

.....

Indian Chicken

Serves 6

350°

1 hr.

Heat in large skillet:

- 2 T. margarine**
- 2 T. vegetable oil**

Flour and fry until browned:

- 1 3-lb. fryer, cut up**

Remove from skillet and place in casserole.

Preheat oven to 350°.

In remaining fat, sauté until golden:

- 2 medium onions, chopped**

Combine and add to onions; stirring to blend well:

- 3 T. flour**
- 2 T. curry powder**
- 1 t. ground ginger**
- 2 t. salt**

Combine and add to onion mixture:

- ½ c. honey**
- ¼ c. soy sauce**
- 3 c. chicken broth or bouillon**

Cook over high heat, stirring, until sauce thickens. Pour sauce over chicken and bake, covered, about 1 hour.

Options:

Add 3-4 c. cooked drained chick-peas (garbanzos) to casserole before adding sauce.

Serve with rice.

Helen Peifer, Akron, Pa.

.....

Creamed Chicken

Serves 6

T.S

Heat in skillet or heavy saucepan:

- ¼ c. margarine or chicken fat skimmed from broth**

Add and sauté just until soft:

- 1 onion, chopped**
- ½ green pepper, chopped (optional)**

Add, stir, and cook until bubbly:

- ¼ c. flour**

Add:

- 2 c. chicken broth**
- 1 c. milk**
- salt and pepper to taste**

Cook, stirring constantly, until smooth and thickened.

Add:

- 2-3 c. diced cooked chicken**
- 1 T. chopped parsley**

Heat through and serve over rice, noodles, mashed potatoes, waffles, or with one of the following recipes:

- Confetti Rice Squares, p. 187**
- Cornbread Dressing, p. 187**
- Potpie Crackers, p. 188**

Option:

Add 1 c. cooked or frozen peas.

Author's Recipe

*Tester called it
 "absolutely the most delicious
 dressing I've ever eaten."
 But don't bake corn bread
 just for this—plan ahead
 and serve meaty chicken pieces
 on Monday, baked beans and
 hot corn bread (double recipe)
 on Tuesday, and this
 finale on Wednesday.*

**Creamed Chicken
 Over Confetti Rice Squares**

Serves 8
325°
40 min.

Rice Squares:

Preheat oven to 325°.

Combine:

3 c. cooked rice
1 c. shredded cheese
½ c. chopped parsley
½ c. chopped onion
⅓ c. chopped pimento or
sweet red pepper
1 t. salt

Add:

3 eggs, beaten
1½ c. milk

Turn into 1½ qt. buttered baking dish.
 Bake 40 minutes or until knife inserted
 near center comes out clean. Cut into
 squares and serve with creamed
 chicken.

Gladys Longacre, Susquehanna, Pa.

**Creamed Chicken
 With Corn Bread Dressing**

Serves 6
325°
40 min.

Combine in saucepan:

About 2 lbs. giblets and bony
chicken pieces
1 qt. water
seasonings as desired

Cook 1 hour or until meat is tender.
 Remove chicken and take meat from
 bones. Reserve meat and broth.

Dressing:

Combine in large bowl:

4 c. corn bread, crumbled
1¾ c. croutons (see p. 85)

Melt in skillet:

¼ c. margarine

Add:

4 stalks celery, sliced
1 large onion, chopped
⅓ c. chopped walnuts (optional)
1 t. celery seed
¼ c. minced parsley (optional)
2 t. poultry seasoning
salt and pepper

Sauté until tender and add to bread
 mixture.

Brown in skillet:

3 oz. pork sausage

Add to bread mixture along with 1 c.
 reserved chicken broth. Combine and
 turn into greased casserole. Sprinkle
 with sausage drippings. Bake at 325° for
 40 minutes.

Use reserved chicken meat and broth to
 make creamed chicken. Serve over
 dressing.

Linda Albert, Visalia, Calif.

*Tiny crisp crackers
turn creamed chicken
into special fare.*

.....

Creamed Chicken With Potpie Crackers

Serves 6-8

375°

10 min.

Combine in large bowl:

3 c. flour

½ t. salt

Cut in:

½ c. shortening or margarine

Add:

2 eggs, slightly beaten

¼ c. milk

Stir lightly with fork and form into ball. Divide dough into three parts. Roll each part out a little thinner than for pie dough. Lay rolled out dough on greased cookie sheets and cut into ½-1" squares. Bake at 375° for 10 minutes or until crackers are lightly browned. Makes 2 qt. crackers.

Make creamed chicken seasoned lightly with saffron. Place crackers in serving dish and pour creamed chicken over, or arrange on individual serving plates. Garnish with parsley.

Crackers keep well in tightly covered container and can be made in advance.

Option:

Dough may be used for patty shells; cut into 5" circles, fit over upside-down muffin tins, prick with fork, and bake until golden.

Doris Brubaker, Mt. Joy, Pa.

.....

Baked Fish

T·S

Serves 6

350°

35 min.

Preheat oven to 350°.

Place in shallow greased baking dish:

**1½ lbs. fish fillets, cut in
serving pieces**

Sprinkle with:

¼ t. salt

dash pepper

1 T. lemon juice

Make ¼ c. white sauce, adding 2 t. dry mustard (see p. 118).

Pour over fish.

Sprinkle with:

½ c. buttered bread crumbs

1 T. minced parsley

Bake 35 minutes.

Options:

Add ½ c. grated cheese to white sauce.
TS

Easy, low-calorie baked fish: Simply place whole cleaned or filleted fish on greased pan; sprinkle with lemon juice and seasonings. Bake at 350° about 25 minutes for 1 lb., 35-40 minutes for 2 lbs. Thin people may add melted margarine.

Karen Rix, Fonda, Iowa

Anna K. Hersh, Glenshaw, Pa.

We bake seafood in scallop shells which adds to its attraction for children. Sauté chopped peppers in margarine. Stir in a little flour. Add 1 can cream of spinach or cream of mushroom soup and 1 large can tuna, drained. Put on oiled scallop shells. Sprinkle with

parsley and Parmesan cheese. Garnish with pepper ring. Bake at 350° until bubbling and slightly brown.
—Ruth Eitzen, Barto, Pa.

Fish Cakes

Serves 6-8

Combine in mixing bowl:

- 2 c. shredded, cooked, salt codfish**
- OR 1 lb. canned mackerel**
(use half of liquid)
- 2 c. mashed potatoes**
- 1/8 t. pepper**
- 1 beaten egg**
- 1 onion, chopped (optional)**

Mash all ingredients together. Salt to taste if using unsalted fish. Shape into cakes and fry slowly in small amount hot fat.

Good served with tomato or cheese sauce.

*Laura Dyck, Winkler, Man.
Ruth Weaver, Reading, Pa.*

Scalloped Mackerel

Serves 8

375°

40 min.

Preheat oven to 375°.

Place alternate layers into casserole or 9x5x3" loaf pan:

- 1 lb. canned mackerel, flaked**
- 2 c. cracker crumbs**

Combine in a bowl:

- 2 eggs, beaten**
- 2 c. hot milk**
- 1 t. salt**
- dash pepper**
- poultry seasoning**
- 1/4 c. melted butter**

Pour over contents of casserole. Sprinkle with parsley or paprika.

Bake 40 minutes.

Option:

Substitute 6 oz. flaked tuna, or cooked salmon if available at low price.

*Carolyn Yoder, Grantsville, Md.
Marian Zuercher, Wooster, Ohio*



Fancy Flounder Roll-Ups

Serves 8

350°

20 min./15-20 min.

Cook and drain:

**1¼ lbs. fresh or frozen broccoli
spears**

Place broccoli on:

8 fillet of flounder (2 lbs.)

Preheat oven to 350°.

Roll up; secure with toothpicks. Arrange
in 12x8x2" baking dish. Bake 20 minutes.

Combine:

**1¼ c. white sauce with celery
(see p. 118)**

OR 1 can cream of celery soup

¼ c. mayonnaise

1 T. lemon juice

Pour over fish, stirring in liquid around
the sides. Bake 15-20 minutes.

Arrange roll-ups on a platter; stir sauce
and pour over.

Danita Laskowski, Goshen, Ind.

Chinese Fish And Vegetables

Serves 6

Clean and bone:

1 2-lb. fish

Cut against grain into steaks. Wipe dry;
dredge lightly in cornstarch.

Heat 2-3 T. oil in skillet and brown fish
quickly on both sides.

While fish browns, prepare:

**3 c. sliced vegetables—celery,
cabbage, carrots (slice thinly),
onions, mushrooms**

Mince finely:

1 clove garlic

2 slices fresh ginger root (optional)

2 scallions

Combine in bowl:

1 c. broth or stock

2 T. soy sauce

1 T. cooking sherry (optional)

1½ t. brown sugar

½ t. salt

2 t. cornstarch

Remove fish from skillet. Add 1 T. oil and
heat. Add minced vegetables, then
sliced vegetables and stir-fry about 1
minute. Add liquid and bring to boil.
Return fish to skillet. Simmer, covered,
about 5 minutes until fish is done and
vegetables crisp-tender. Serve over hot
rice.

Options:

Use frozen fish fillets.

Sweet-sour dish: add 2 T. vinegar to
liquids and increase brown sugar to 3 T.

Louise Lehman, Wapakoneta, Ohio

*Tuna, eggs, milk, and cheese
yield a very high
protein dish.
Omit meat the rest of the day.*

.....
**San Francisco
Fish Stew**

T·S

Serves 5-6

Sauté in Dutch oven or large saucepan:

- 1 T. oil**
- 1 clove garlic, chopped**
- ½ c. chopped onion**
- ⅓ c. chopped green pepper**

Add:

- ¼ lb. mushrooms, sliced (optional)**
- 2 c. cooked tomatoes**
- ¾ c. tomato paste**
- 1 c. chicken broth**
- 1 T. lemon juice**
- 1 small bay leaf**
- ½ t. dried oregano**
- 1 t. sugar**
- ¾ t. salt**
- ⅛ t. pepper**

Cook uncovered 20 minutes. Add:

- 1-1½ lbs. flounder or other white
fish, cut into large pieces**

Cook 10-15 minutes, or until fish flakes easily. Serve over rice or spaghetti.

Catherine Kornweibel, Easton, Pa.

.....
**Tuna Soufflé
Sandwiches**

T·S

Serves 4

375°

45 min.

TS—a make-ahead dish

Place in greased 9x13" baking pan:

- 4 slices bread, spread with
mayonnaise**

Combine in bowl:

- 1 7-oz. can tuna, flaked**
- ¼ c. chopped celery**
- ¼ c. chopped onion**
- 1 t. salt**
- ½ t. paprika**

Spread tuna mixture over bread slices.

Add:

- 4 slices Swiss cheese**

Top with:

- 4 slices bread**

Combine in bowl:

- 3 eggs**
- 1½ c. milk**

Pour over sandwiches. Refrigerate 2-12 hours.

Bake at 375° for 45 minutes.

Option:

Use salmon, mackerel, or other canned fish.

Lena Hoover, Leola, Pa.

Carolyn Weaver, Lancaster, Pa.

Mock Lobster

T-S

Serves 3-4

Bring to a boil in a saucepan:

2 c. water

1 t. vinegar

1 t. seafood seasoning

Add:

**1 lb. haddock or other white fish,
left in large pieces**

Reduce heat, cover, and simmer about 10 minutes or just until fish is cooked. Cut or break into bite-sized pieces. Serve with melted margarine blended with lemon juice if desired.

Bonnie Zook, Leola, Pa.

Poor Man's Lobster Thermidor

Serves 4

425°

6-10 min.

Preheat oven to 425°.

Sauté:

2 T. chopped onion

½ c. sliced mushrooms (optional)

2 T. margarine

Stir in:

2 T. flour

½ t. salt

dash pepper

dash paprika

Cook until bubbly. Add:

½ c. milk

½ c. chicken broth

½ t. Worcestershire sauce

Cook and stir until thickened. Add:

1 egg yolk

1 T. sherry flavoring or 2 T.

white cooking wine (optional)

Add:

**2 c. cooked white fish pieces
(halibut, perch, dolphin,
flounder, etc.)**

Place in shallow casserole or individual baking dishes.

Top with:

**buttered bread crumbs and/or
grated cheese**

Bake 6-10 minutes.

Loretta Leatherman, Akron, Pa.

*"A whiffle is a soufflé
that any fool can make."
—Peg Bracken*

.....

Clam Whiffle

Serves 6

350°

40-45 min.

Preheat oven to 350°.

Combine in bowl:

1 c. milk

1¼ c. crumbled soda crackers

Let soak 5 minutes. Add:

¼ c. melted margarine

**1 can (8 oz.) minced clams,
drained and rinsed**

2 T. finely chopped onion

4 T. finely chopped green pepper

¼ t. salt

dash pepper

dash Worcestershire sauce

2 eggs, well beaten

Pour into greased casserole and bake
40-45 minutes until puffy and golden.

Serve at once.

Evelyn Kreider, Goshen, Ind.

*Maria serves these
to in-and-out guests
on Christmas evening.*

*In Puerto Rico
bacalaitos are sold
at small food stands
along the beach
and at baseball games.*

.....

Bacalaitos

Serves 4-6

Bone and cut in small pieces:

½ lb. codfish

If using salted fish, wash and soak in
cold water to remove extra salt.

Combine in mixing bowl:

2 c. flour

½ t. baking powder

½ t. salt (omit if using salted fish)

Add:

cut up codfish

2 garlic cloves, minced, or

¼ t. garlic powder

white pepper to taste

Mix well. Add:

1½ c. cold water

Set aside 10-15 minutes.

Heat oil for deep frying to 275°. Drop the
mixture by tablespoonfuls into hot oil.

Turn once or twice and fry until golden
brown. Serve hot.

*Maria Luisa Rivera de Snyder,
Hesston, Kan.*

*Among mock meats
this recipe received
highest ratings
from our testers.
Serve in buns
to complement legume protein.*

.....
**Pia-Pia
(Indonesian
Shrimp Fritters)**

Serves 4

Combine:

- 1 c. flour**
- 1 egg, beaten**
- ½ c. bean sprouts, fresh or
canned, drained**
- ¼ c. chopped celery**
- ¼ c. finely chopped onion**
- 1 clove garlic, pressed**
- ½ t. salt**
- pepper**
- 2 T. water**
- ½ c. small shrimp**

Heat in wok or small heavy saucepan:
2 c. oil

Drop a soup spoonful of the mixture into hot oil, holding it down until it takes on a rounded shape. Turn and fry until golden. Several may be fried at once. Serve with rice and a mixture of sweet soy sauce and hot peppers for dipping.

Armini Djojodihardjo, Pati, Indonesia

.....
**Lentil
Burgers**

Serves 6

Combine in a bowl:

- 2 c. cooked, cooled lentils, drained**
- 1 egg**
- ½ c. cracker crumbs**
- 1 small onion, minced**
- tomato juice**
- salt and pepper**

Mix all ingredients together using just enough tomato juice to hold mixture in shape when pattied. Fry like hamburgers in small amount hot oil, shortening or bacon fat.

Carolyn Yoder, Grantsville, Md.

.....
**Grits
Croquettes**

Serves 6

Combine in a bowl:

- 2 c. cooked hominy grits**
- 2 c. ground cooked chicken or
flaked fish**
- 2 T. chopped onion**
- 1 t. salt**
- dash pepper**
- 1 t. Worcestershire sauce**
- ½ c. bread or cracker crumbs**
- 1 egg, beaten**

Chill, then shape into 12 croquettes. Roll in additional crumbs; dip in egg and roll again. Pan-fry until golden brown.

Rhoda Sauder, Spring Grove, Pa.

Gather Up the Fragments



1.

Include skin when grinding cooked chicken for croquettes or sandwich spread.

2.

Save pieces of chicken fat in container in freezer. When enough is accumulated, melt down and return to refrigerator. Use in baking. (Or melt down immediately when cooking chickens.)

3.

Use fat from chicken, pork, or bacon in baking bread.

4.

Trim excess fat from meat, dice finely, and melt in skillet instead of using oil or shortening to fry the meat.

5.

Make a sandwich spread by mashing one or two cooked chicken livers and combining with chopped hard-cooked eggs and a little mayonnaise.

6.

Save all bones and meat scraps for making soup. See Soups.

7.

Chop and freeze leftover ham in small packages for adding to soups, salads, and casseroles.

8.

Sprinkle a chunk of leftover roast beef with a little water. Wrap tightly in foil and bake one hour at 250-300°. Slice and serve. Tastes like just-roasted beef.

9.

Recipes using leftover meats:

Beef and other meats

Vietnam Fried Rice, p. 130

Kay's Japanese Rice, p. 130

Mandarin Rice Bake, p. 132

Easy Curry, p. 136

Garden Supper Casserole, p. 138

Empanadas, p. 147

Meat-Potato Quiche, p. 158

Basic Burger Mix, p. 166

West African Groundnut Stew, p. 172

Zucchini Skillet Supper, p. 236

Chicken and Turkey

Chicken-Cheese Casserole, p. 124

Turkey-Apple Casserole, p. 141

Chicken Soufflé, p. 155

Chicken Pineapple Skillet, p. 182

Chicken Strata, p. 183

Chicken or Turkey Loaf, p. 184

Creamed Chicken, p. 186

Summer Night Salad, p. 252

Chinese Chicken-Cucumber Salad,
p. 254

Ham Bones and Ham

Calico Baked Beans, p. 100

Easy Lentil Stew, p. 105

Newfoundland Boiled Dinner, p. 141

Quiche Lorraine, p. 157

Meat-Potato Quiche, p. 158

Bean Soup, p. 208

Blackbean Soup, p. 209

Hambone Dinner, p. 215

Hunter's Stew, p. 216

Summer Night Salad, p. 252

soups

"Gather Up the Fragments" fits better at the beginning of this chapter than at the end. Soup making is collecting the odds and ends—cleaning out the refrigerator, going through the cupboards, finishing off the garden. Leftover soup is generally no problem. It is reheated next day for two at lunch, served as a first course at dinner, or poured into someone's thermos. Most soups freeze well and many actually improve with reheating.

In compiling this book, we received far too much good advice on soup making to list much of it by contributor. According to the letters, trustworthy Mennonite cooks are still watching over the soup kettle to produce delicious, heart-and-stomach-warming meals that stretch meat and serve grains, legumes, and vegetables in a tasty way. Various resources feed into the kettle.

A Way with Bits, Bones, and Broths

I save all bones from poultry and meat in my freezer until I have enough for my largest kettle. This is my method: Crack the largest bones (with a cloth-covered hammer) to allow the marrow to escape. Barely cover the bones with water adding ¼ c. vinegar and 2 t. salt for each 2 qt. water. This aids dissolving calcium out of the bones into the stock. Cover the kettle and simmer 3 to 4 hours—or cook 30 minutes in a pressure cooker. (I have a wood range so use the slower method.) Add chopped parings

and vegetable leftovers, 4 peppercorns, and 1 crumbled bay leaf, and simmer it slowly.

Strain broth through colander, cool, and chill overnight. Discard bones and parings (but let the dog pass inspection on them first!). Remove the chilled fat on top and use stock as a base for delicious soups.

***—Norma Fairfield,
Singers Glen, Va.***

A variation of Norma's method was unappetizingly called Garbage Soup by one newspaper clipping, but the results can surpass any canned consommé. You identify one kettle as the ongoing soup pot and fill it half full with water. Keep it in the refrigerator, but get it out every evening and place on the stove to cook for an hour or so while making and cleaning up from dinner. Into it go all bones (long cooking kills germs from dinner plates), clean vegetable parings, vegetable liquid, leftover vegetable salads (rinse away dressing), bits of gravy, and other odd things too small to save. If you cook meat but don't make gravy, add a little water to cooking pan, heat and swish, then pour into soup pot. Allow the kettle to cool until bedtime, then return it to the refrigerator. After a week or so strain out solids and broth is ready to use. Start over.

Although the butcher looks at me very strangely, I always ask to have all the bones saved when we have a quarter of beef cut and wrapped. I take them home, put them in my canner, cover with water, and boil 3 to 4 hours. I strain the broth and can it. It's ready anytime to start off

a wonderful soup, or to take to sick people.

—Evelyn Fisher, Akron, Pa.

Get "dog-bones" free and trimmed bones cheap. Cook into broth, then feed bones to the dog.

—Carol Ann Maust,
Upland, Calif.

Broth sometimes spoiled before I used it all. Now I take fresh broth and freeze in ice-cube trays. Store cubes in plastic bag in freezer. One cube is about ¼ cup. It's easy to take out the number you need for any recipe.

—Linda Albert, Visalia, Calif.

Reserved Leftovers

Some people let leftovers die in the back of the refrigerator in lovely Tupperware caskets. Here's a better way:

I keep a large plastic container in the freezing compartment of our refrigerator. Into it go leftovers — vegetables, noodles, broth, meat — anything which might be good in a vegetable soup. When the container is full, I add water, perhaps more broth and seasonings and cook everything together. We have had some delicious soups made this way and since each is just a little different, it is always a surprise (not another rerun of Standard-Brand Vegetable-Beef). Some advantages; we seldom have to

eat leftovers and I rarely have to throw food away which sat too long in a corner of the refrigerator.

—Helen Peifer, Akron, Pa.

—Joann Smith, Goshen, Ind.

Grains, Legumes, and Vegetables on Tap

You have the broth and leftover vegetables from gathering fragments. Now the soup needs thickening and enriching if it's going to hit the empty spot. Keep a row of jars, maybe on top of the cupboard, with rice, barley, dried peas, lentils, and beans in them. Of these, the first four need no presoaking. Toss in a handful early in the process and they will simmer to tenderness while you're chopping vegetables and herbs. Or base the soup entirely on one of the legumes. A bean or lentil soup eaten with whole-grain bread provides cheap high-quality protein. (See p. 32 on complementary proteins.)

Blenders are a great aid to soup making. Almost any leftover vegetable, blended with a little milk, forms the base of a cream soup. Simply add more milk, heat, season, and soup is ready. The blended vegetable usually provides enough thickening. If not, stir in a bit of white sauce mix (p. 118).

The same trick can be used with leftover casseroles. Whirl up a cup of leftover chicken-noodle mixture and you have a good stand-in for cream of chicken soup. Leftover macaroni and cheese blended makes a thick, mild cheese sauce. Leftover baked beans go into bean soup.

A Back-Door Herb Garden

My mother planted parsley around the outside water faucet. Spills and drips kept the plants a luscious green through scorching Kansas summers. But most herbs grow fairly well in dry, poor soil. To the parsley add a clump of chives, some dill, and as space allows, a variety that can bring gourmet taste to the plainest soup. Dry herbs for the winter. Many of these plants fit windowsill pots if no outdoor space is available.

Dry celery leaves in a napkin-lined basket in a warm spot in the kitchen. When dry, crumble into a jar and keep on hand for soups.

And this last idea which may not be practical in many modern homes, but expresses how savory hot soup feeds our souls:

For this winter fare, it helps a lot if there's a space-heater in the living room where the soup can simmer from after breakfast until supper time. It smells good, and makes the room seem really a little warmer than it is.

—Ruth Ressler, Sterling, Ohio

Using the Recipes

For quick method for soaking and other information on beans, see p. 96. Precooked frozen or canned beans may also be used in bean soup recipes.

Whenever a recipe calls for broth, use home-cooked broth or stock, or substitute 1 c. water plus 1 bouillon cube (1 t. powdered bouillon) for each cup required. Commercially canned broths are expensive and waste containers.

Cream of Tomato Soup

T.S

Serves 3-4

Sauté:

- 2 T. margarine**
- 2 T. onion, chopped**

Blend in:

- 3 T. flour**
- 2 t. sugar**
- 1 t. salt**
- ½ t. pepper**
- dash of garlic salt, basil, oregano, thyme**

Remove from heat. Gradually stir in:

- 2 c. tomato juice**

Bring to a boil, stirring constantly. Boil 1 min.

Stir hot tomato mixture into:

- 2 c. cold milk**

Heat almost to boiling and serve.

Option:

Thicken the soup with doodles:

Combine:

- 2 eggs, beaten**
- 2 T. water**
- 1 t. salt**

flour to make very thick batter

Drop by teaspoonfuls into boiling soup, coating spoon with hot soup each time. Turn off heat and cover until serving time.

*Ann Burkholder, Orrville, Ohio
Esther Lehman, Lowville, N.Y.*

.....

**Good Friday
Vegetable Soup**

T-S

Serves 4-5

Heat in heavy kettle:

3 T. vegetable oil

Add:

3 medium carrots, sliced

2 medium onions, sliced

1 or 2 stalks celery, sliced

1 to 2 c. shredded cabbage

¼ c. chopped parsley

¼ t. salt

Cook over medium heat about 15 min., stirring occasionally.

Add:

4 c. chicken broth

2 c. fresh or frozen French-cut green beans

¼-½ t. caraway seed

Heat to boiling. Reduce heat to low, cover, and simmer 15 min. or until vegetables are tender.

Dice into soup bowls:

¼ lb. cheese

Ladle hot soup directly onto cheese to melt it slightly.

Rosemary Moyer, North Newton, Kan.

.....

**Timeless
Vegetable-Beef Soup**

Serves 8-10

Combine in a large kettle:

2-3 lbs. beef soup bones

3 qts. water or stock

1½ t. salt

¼ t. pepper

1 bay leaf

Cover and simmer 2-3 hours. Remove bones and skim fat if necessary. Cut off, chop, and reserve meat.

Add:

½ c. barley

Continue cooking about ½ hour.

Add:

1 c. diced carrots

1 c. diced potatoes

1 c. peas or green beans

1 c. diced celery and leaves

½ c. chopped onion

2 c. shredded cabbage

2 c. cooked tomatoes

herbs and seasonings to taste reserved meat

Cook just until vegetables are tender.

Add any leftover vegetables available.

Heat through.

Options:

Add chili sauce or chili powder to taste

Stir in ½ c. sour cream just before serving.

Mary Ella Weaver, Lititz, Pa.

Helena Pauls, Inman, Kan.

.....

Vegetable Chowder

T·S

Serves 6

Combine in kettle:

- ½ c. rice, uncooked**
- 3 chicken bouillon cubes**
- 5 c. water**
- ½ c. diced carrots**
- 1 c. diced potatoes**
- 1 minced onion**
- ½ c. finely cut celery**
- 1 c. canned tomatoes**
- 2 t. salt**
- ⅛ t. pepper**

Bring to boil and simmer 45 minutes.

Add when ready to serve:

- 1 c. milk**

Heat almost to boiling and serve immediately.

Mildred Langs, Cambridge-Preston, Ont.

.....

Quick Corn Soup

T·S

Serves 4

Puree in blender:

- 2 c. corn, whole kernel or cream-style**

- 1 c. milk**

Pour into saucepan. Add:

- 2 c. milk**
- ½ t. salt**
- pepper**
- celery and onion salt to taste**

Heat through. Pureed corn serves as thickening.

Option:

Any leftover cooked vegetable may substitute for corn.

Sara Claassen, Beatrice, Neb.

.....

Golden Potato Soup

T·S

Serves 4

Sauté slowly in saucepan until yellow:

- 2 T. oil or shortening**
- ⅓ c. finely cut onion**

Blend in:

- 1 T. flour**
- 1 t. salt**
- dash pepper**

Add:

- 1 c. water**

Boil 2 min., stirring constantly. Add:

- 1 c. (or more) leftover mashed potatoes**
- 2½ c. milk**
- ½ c. grated cheese**

Heat slowly until cheese melts. Do not boil. Garnish with parsley or croutons.

Ruth Sommers, Kokomo, Ind.

*Susan serves the soup
with traditional Roll Kuchen
(see p. 83),
for a favorite
summer supper.*

.....
**Green Bean
Soup**

T.S

Serves 6

Sauté in heavy kettle until golden:

3 T. butter

1 large onion, diced

Add:

6 c. water or stock

1 c. carrots, shredded

1 c. potatoes, diced

**4 c. fresh or frozen green beans,
cut up**

fresh parsley, chopped

**1 bunch summer savory, tied for
easy removal**

Cook until vegetables are tender. Just
before serving, remove summer savory.

Add:

**½ c. cream or evaporated milk
salt and pepper**

Heat through and ladle into bowls.

Sprinkle over each serving:

diced hard-cooked eggs

Susan Duerksen, Killarney, Man.

.....
**Cream of Pea
Soup**

T.S

Serves 4

Combine in blender:

1½ c. frozen green peas, thawed

2 chicken bouillon cubes

1 thin slice onion

2 T. flour

3 c. milk

dash pepper

dash mace

Whirl until smooth. Pour into saucepan
and heat slowly, stirring constantly.

Additional milk may be added.

Option:

Leftover cooked vegetables may replace
frozen peas.

Loretta Leatherman, Akron, Pa.

.....
**Kidney Bean
Soup**

Serves 6

Combine in large kettle:

1 lb. dry kidney beans

2 qts. water

Soak overnight or by quick method.

Add:

1 c. sliced celery

2 c. sliced carrots

½ c. chopped onion

1 T. Worcestershire sauce

1 T. salt

1 bay leaf

½ t. ground cloves

Over high heat, bring to boil. Reduce
heat and simmer 1½ hours, stirring often.

Alice Lapp, Goshen, Ind.

.....

Cheese and Corn Chowder

T.S

Serves 4

Combine in saucepan:

- ½ c. water**
- 2 c. diced potatoes**
- 1 c. sliced carrots**
- 1 c. chopped celery**
- 1 t. salt**
- ¼ t. pepper**

Cover and simmer 10 minutes. Add:

- 2 c. cream-style corn**

Simmer 5 minutes. Add:

- 1½ c. milk**
- ¾ c. grated cheese**

Stir until cheese melts and chowder is heated through. Do not boil.

Option:

Use leftover whole kernel corn pureed in blender.

*Jean Horst, Lancaster, Pa.
Elvera Goering, Salina, Kan.*

.....

Corn and Bean Chowder

Serves 6-8

In a large soup pot, sauté:

- ¼ c. oil**
- 2 c. sliced onions**
- 2 cloves garlic, minced**

Add:

- 3 c. corn (fresh or frozen)**
- 4 c. stock or broth**
- ¼ t. nutmeg**

Bring mixture to a boil. Simmer until corn is tender.

Puree in a blender:

- 1 additional c. corn**

Add to soup:

- pureed corn**
- ½ c. dry milk solids**
- 1½ c. cooked kidney beans**
- ½ t. salt**

Bring soup almost to boiling, lower heat, and simmer a few minutes.

Option:

To make a thicker soup increase dry milk to 1 c. and add 1-2 cooked potatoes.

Virginia Birky, Salem, Ohio

.....

Ham-Green Bean Soup

Serves 6-8

Combine in 6 qt. saucepan:

- 2 lb. meaty ham bone**
- 2 qt. water**

Cook 1½ hrs. Remove meat from bone and cut in chunks. Add to soup stock, along with:

- 4 c. cut-up green beans**
- 3 c. cubed potatoes**
- 2 medium onions, sliced**
- ¼ c. chopped parsley**
- 4 sprigs summer savory, chopped**
- OR 1 t. dried savory**
- 1 t. salt**
- ¼ t. pepper**

Bring to boil; reduce heat and simmer, covered, 20 min., or until vegetables are tender. Skim off excess fat. Just before serving, stir in:

- 1 c. light cream or milk**

Margaret Rich, Newton, Kan.

.....

Fresh Asparagus Soup

Serves 4

Cook in covered saucepan:

- 1 lb. fresh asparagus, chopped**
- ¼ c. chopped onion**
- 1 c. chicken broth**

When asparagus is just tender, if desired, press through food mill or blend until smooth.

Heat in saucepan:

- 2 T. margarine**
- 2 T. flour**
- ½ t. salt**
- dash pepper**

Stir in:

- 1 additional cup chicken broth**

Cook over medium heat, stirring constantly, until mixture reaches boiling point.

Stir in:

- asparagus puree**
- 1 c. milk**

Stir a little hot mixture into:

- ½ c. sour cream or plain yogurt**

Stir into hot mixture. Add:

- 1 t. fresh lemon juice**

Heat just to serving temperature, stirring frequently. Sprinkle with fresh chives.

Option:

Tough ends of asparagus may be included if blender or food mill is used.

Rosemary Moyer, North Newton, Kan.

*Marcia calls this
"wonderful
for Christmas Eve-type
supper."*

.....
**Barley-Cabbage
Soup**

Serves 6

Combine in kettle:

- ¼ c. pearl barley**
- 4 c. meat or vegetable broth**
(may use bouillon)

Simmer, covered, for 2 hours.

Sauté in skillet:

- 3 T. oil**
- 2 medium onions, chopped**
- 3-4 c. green cabbage, finely**
chopped
- ¼ c. parsley, chopped**

Cook until soft, but do not brown.

Make a white sauce with:

- 4 T. vegetable oil**
- 4 T. flour**
- 4 c. milk**
- 4 chicken bouillon cubes**
- ½ t. celery salt**

Add white sauce to barley and broth. Stir
in sautéed cabbage and onion.

Check seasonings. Serve sprinkled with
bacon bits, chopped ham, or croutons.

*Rosemary Moyer, North Newton, Kan.
Joann Smith, Goshen, Ind.*

.....
**Cream of Carrot-Cheddar
Soup**

Serves 6

Sauté in large kettle:

- 2 T. butter or margarine**
- ½ c. finely chopped onion**

Add and simmer until vegetables are
tender:

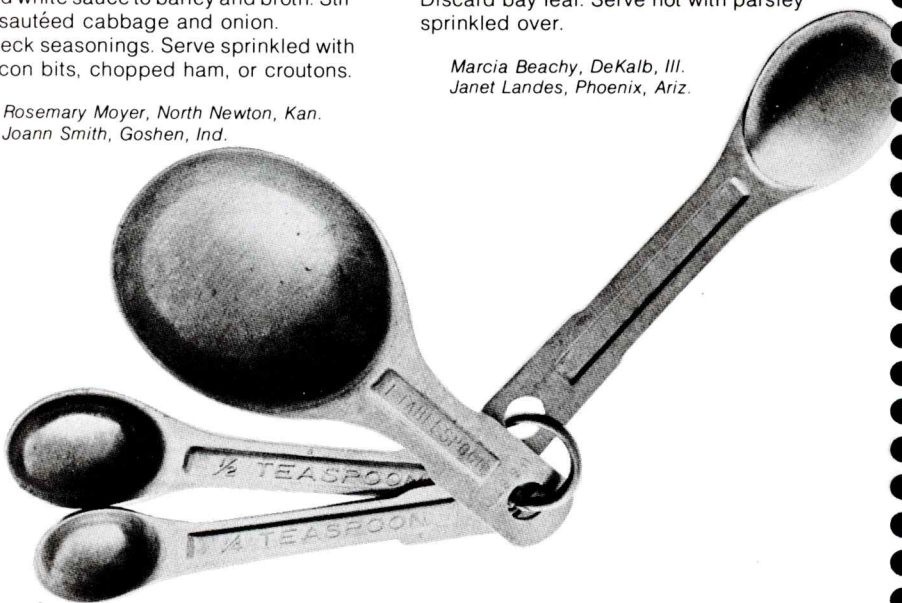
- 1 lb. carrots (8-10), shredded**
- 1 lb. potatoes (3-5), shredded**
- 6 c. chicken broth**
- ½ t. dried thyme**
- 1 bay leaf**
- ½ t. Tabasco sauce (or more**
to taste)
- ½ t. Worcestershire sauce**
- ½ t. sugar**
- salt and pepper to taste**

Add, stirring until cheese is melted:

- 1½ c. milk (may use part cream)**
- 1-2 c. cheddar cheese, shredded**

Discard bay leaf. Serve hot with parsley
sprinkled over.

*Marcia Beachy, DeKalb, Ill.
Janet Landes, Phoenix, Ariz.*



.....

Cream of Cauliflower Soup

Serves 6-8

Cook in salted water until soft:

**1 medium head cauliflower,
chopped**

Sauté in large saucepan until yellow:

4 T. butter or margarine
¼ c. chopped onion

Blend in:

¼ c. flour

Add:

3 c. chicken broth
2 c. milk
1 t. Worcestershire sauce
cauliflower and cooking water

Cook until mixture thickens slightly. Add:

1 c. shredded cheese

Stir to melt cheese and serve sprinkled
with herbs.

Option:

Zucchini (use 2-3 medium) substitutes
well for cauliflower. May be whirled in
blender after cooking.

Miriam Witmer, Manheim, Pa.

.....

French Onion Soup

Serves 6

Combine in skillet:

¼ c. margarine
3 c. thinly sliced onions

Cover and cook slowly about 15 minutes.

Blend in:

1½ t. salt
2 T. flour

Add:

4 c. beef broth or stock

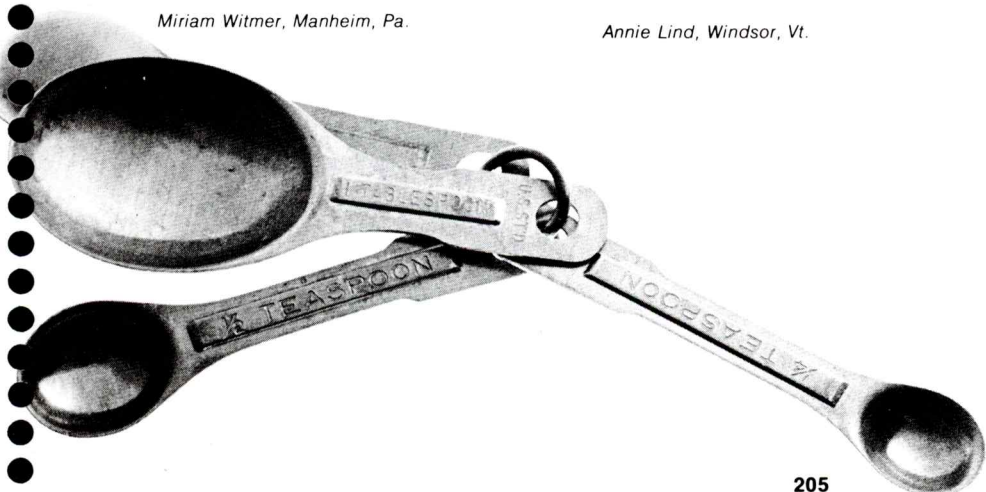
Heat to boiling. Reduce heat and simmer
about 1 hour.

Options:

Toast slices of French bread in slow oven
until dry and crisp. Put one slice in each
soup bowl. Sprinkle toast with grated
cheese and ladle hot soup over.

Pour soup into casserole. Float enough
toasted French bread on top to cover.
Sprinkle liberally with grated Swiss
cheese; finish with dash of Parmesan.
Heat in 425° oven 10 minutes, or until
cheese bubbles. Serve from casserole.

Annie Lind, Windsor, Vt.



*Don says,
"Buzz and I put this together
from memories of Brussels
and from our late-winter
mulch garden and root cellar."*

Spinach Soup

T.S

Serves 6

Fry in deep skillet:

4 slices bacon

Remove slices, drain, and reserve.

Add to bacon fat:

**2 large leeks, thinly sliced
(or green onions)**

**6 medium unpeeled potatoes,
diced**

1 t. salt

3 c. boiling water

Cover and simmer 15 min.

Melt in separate saucepan:

2 T. butter

Blend in:

3 T. flour

1 t. vegetable broth powder

Add:

1½ c. dry milk solids, mixed with

3 c. water

Cook and stir until thick. Then add to
cooked vegetables and heat.

Add:

1½ c. finely shredded spinach

Simmer 5 minutes. Sprinkle on dash of
pepper, nutmeg, and crumbled bacon.

Marian Franz, Washington, D.C.

Buzz and Don's Leek Soup

Serves 6-8

Bring to boil:

3 qts. water and

4 chicken bouillon cubes

OR 3 qts. chicken stock

Chop and add:

**1½ lbs. fresh leeks, including
green tops**

1½ lbs. potatoes

1½ lbs. carrots

1 stalk celery

Simmer 1-2 hours or until vegetables are
soft.

Add:

½ t. summer savory

½ t. marjoram

pinch of rosemary

1 T. parsley, chopped

salt to taste

Simmer another half hour. Puree in
blender or put through a fine sieve or
food mill. Reheat before serving.

Don Ziegler, Lancaster, Pa.

**Huge pots of mutton borsch
traditionally served
Russian Mennonite weddings.
The given combination
of herbs
is a must in real borsch.**

.....

Pumpkin Soup

T-S

Serves 6

Melt in large heavy kettle:

2 T. margarine

Add:

¼ c. chopped green pepper

1 small onion, finely chopped

Sauté until vegetables are soft but not brown.

Blend in:

2 T. flour

1 t. salt

Add:

2 c. chicken stock or broth

2 c. pumpkin puree

2 c. milk

½ t. thyme

¼ t. nutmeg

1 t. chopped parsley

Cook, stirring constantly, until slightly thickened.

Option:

Add 1 c. cooked tomatoes.

Elvesta Hochstedler, Kalona, Iowa

.....

Russian Borsch

Serves 8-10

Combine in large kettle:

2 lbs. mutton neck or lamb bones

2 qt. water

2 t. salt

1 T. vinegar

Simmer 2-3 hours. Remove bones from broth and set aside. Set kettle in cold place to harden fat. Remove fat. Measure out and return to soup kettle:

6 c. mutton broth

Add:

1 large onion, chopped

1 qt. cabbage, coarsely chopped

5 c. potatoes, diced

1 c. tomato sauce or 2 c. cooked tomatoes

2 sprigs parsley or parsley root

Secure in bag or tea strainer:

5 peppercorns

3 sprigs dill

1 dried red pepper

1 bay leaf

Drop spice bag into soup. Simmer until vegetables are tender. Cut meat from bones and add to soup. Simmer a few minutes longer to blend flavors. Remove spice bag before serving and add salt and pepper if needed.

Options:

Use beef or chicken.

Add beets or beet tops.

Add 1 c. sweet or sour cream just before serving, or pass cream.

*Martha B. Nafziger, LaCrete, Alta.
Selma Martin, Corn, Okla.*

*Serve with corn bread
or graham muffins
to complement legume protein.*

.....
**Quick Beet
Borsch**

T.S

Serves 4

Combine in saucepan:

- 1 c. cabbage, finely chopped**
- 1 onion, finely chopped**
- 2 c. water**

Cook 10 min. Add:

- 2 c. stock or broth**
- 2 medium beets, cooked and
chopped**
- ½ c. beet juice**
- ½ t. salt**
- dash pepper**
- 1 T. lemon juice**

Bring to a boil. Pour into soup bowls and
top each serving with:

- 2 T. whipped sour cream**

Serve with toasted rye bread.

Options:

Add diced carrots with cabbage.

Add tomatoes.

*Mabel Hertzler, Mechanicsburg, Pa.
Ruth Ressler, Sterling, Ohio*

.....
Bean Soup

Serves 8

Soak overnight or by quick method:

- 2 c. navy or marrow (pea) beans**
- 2 qts. water**

Add:

- 1 ham bone or several pork hocks
(optional)**
- 1 onion, chopped**
- 3 stalks celery with leaves,
chopped**
- 3 carrots, sliced**
- 1 qt. tomato juice or stewed
tomatoes**
- salt and pepper to taste**

Simmer 2 hours or more until beans are
tender. Add more liquid if necessary.
Remove meat from bones, chop, and
return to soup.

*Ruth Ressler, Sterling, Ohio
Marcia Beachy, DeKalb, Ill.*

.....

Poor Man's Soup

Serves 8

Combine in large kettle:

1 c. dried marrow or pea beans
3 qts. water

Soak overnight or by quick method.

Simmer beans 45 minutes.

Add:

**2 c. tomato juice or cooked
tomatoes**
1 c. diced celery
1 carrot, cubed
1 potato, cubed
¼ c. uncooked rice
⅓ c. chopped onion
1 beef bouillon cube
1 T. salt
¼ t. pepper
pinch basil

Brown in skillet:

½ lb. ground beef

Bring soup to boil, add meat, cover and simmer 1 hour.

Loretta Lapp, Kinzers, Pa.

.....

Blackbean Soup

Serves 8

Soak overnight, or by quick method:

**1 lb. dried black beans in water
to cover**

Drain and add water to make 6 c. liquid.

Add:

1 c. chopped onion
1 c. chopped green pepper
1 minced clove garlic
1 smoked ham bone
2 bay leaves
2 t. salt
¼ t. pepper

Cover and cook slowly for 2 or 3 hours, or until beans begin to fall apart, adding more water if necessary. Remove ham bone, dice meat, and return to soup.

Add:

**¼ c. wine vinegar or 2 T. cider
vinegar**

Ladle soup over a mound of rice in each bowl and sprinkle with chopped parsley. Pass lemon slices, chopped hard-cooked eggs, and chopped onions.

Ruth Ressler, Sterling, Ohio

Minestrone Soup

Serves 8

Soak overnight or by quick method:

8 oz. pea or navy beans

Cover and cook 1½ hours. Drain, reserving liquid.

Place in large heavy pan:

8 oz. salt pork, skinned and diced, or other diced pork

Cover and sauté in its own fat until brown. Drain off some fat.

Add:

1 onion, chopped

2 cloves garlic, minced

Sauté until soft. Add:

10 c. liquid (reserved bean liquid plus water)

4 beef bouillon cubes

2 carrots, thinly sliced

2 stalks celery, chopped

¼ cabbage, thinly shredded

2 tomatoes, peeled and chopped (or ¾ c. cooked tomatoes)

salt and pepper

Cover, bring to a boil, reduce heat and simmer soup for 1½ hours.

Add:

2 c. frozen peas or green beans

½ c. elbow macaroni

Simmer for another 20 minutes.

Just before serving stir in:

3 T. chopped parsley

Serve hot, sprinkled with Parmesan cheese.

Kay Gusler, Wise, Va.

Minute Minestrone

Serves 6

T.S

Stir together in saucepan:

3 c. boiling water

1 envelope dry tomato-vegetable or similar soup mix

Add:

1 medium onion, chopped

2 c. cooked kidney beans

2 c. cooked or frozen corn

1 c. tomato sauce

1 t. salt

½ t. pepper

Cook 10 minutes. Add:

¼ c. chopped parsley

Option:

Hot broth plus extra vegetables and herbs could substitute for water and soup mix.

Janet Landes, Phoenix, Ariz.

.....

Quick Soybean Soup

T·S

Serves 4

TS—using precooked beans

Fry in large heavy saucepan:

3 strips bacon, chopped

Pour off excess drippings if necessary,
leaving about 2 T.

Add and sauté briefly:

1 onion, chopped

1-2 cloves garlic, mashed

2 stalks celery, chopped

Add:

**1 qt. cooked tomatoes or
tomato juice**

**1 c. water, vegetable stock,
or bean liquid**

2 c. cooked soybeans

1½ t. chili powder

1 t. salt

½ t. pepper

½ t. basil

**additional herbs and seasonings
to taste**

Bring to a boil, reduce heat, cover, and
simmer 15-30 minutes to blend flavors.

Options:

Any cooked beans may replace
soybeans.

Slow-simmered soup: Double recipe,
using 1 lb. soaked uncooked soybeans.
Cook slowly 3 hours. Add more liquid if
necessary. Add sautéed bacon ½ hour
before serving.

Louise Leatherman, Akron, Pa.

.....

Savory Grain and Bean Pot

Serves 8-10

Heat in large kettle:

2 T. olive oil or other oil

Add and sauté:

1 c. chopped onions

**2 c. chopped vegetables (carrots,
mushrooms, celery)**

Add:

1 c. cooked soybeans

1 c. cooked tomatoes

2-3 peppercorns

pinch cayenne

**¼ t. each basil, tarragon, oregano,
celery seed, summer savory**

**pinch each thyme, rosemary,
marjoram, sage**

2 T. soy sauce

½ c. brown rice

⅓ c. bulgar or cracked wheat

6-8 c. vegetable stock or broth

Bring soup to a boil. Reduce heat and
simmer 1-2 hours until grains are tender,
or pressure cook 10-15 minutes.

Option:

Soup may be further enriched with 3 T.
soy grits if available. Combine grits with
a little liquid and add to soup with grains.

Elvera Goering, Salina, Kan.

.....

**Basic
Lentil Soup**

T.S

Serves 6

Combine in kettle:

½ lb. lentils

6 c. water

Cook 30 minutes or until lentils are tender.

Add:

2 carrots, chopped or sliced

½ c. sliced green onions

1 clove garlic, crushed

1½ c. tomato juice

½ c. minced parsley

1 T. margarine

1½ t. salt

dash pepper

½ t. dried oregano

Bring to boil, reduce heat, and simmer just until carrots are tender.

Check seasonings and serve.

Options:

Add diced bacon or ham cubes.

Stir in 1 T. wine vinegar just before serving soup.

Use the whole pound of lentils in a double recipe and freeze half.

*Twila Strickler
Alice Lapp, Goshen, Ind.*

.....

**Hearty
Lentil-Sausage Soup**

Serves 8

Brown in 5 qt. kettle:

1 lb. pork sausage, broken into chunks

Remove meat and pour off all but ¼ c. drippings.

Add:

2 medium onions, chopped

1 garlic clove, minced

4 medium parsnips, cut in chunks (optional)

Cook 5 minutes or until onions and garlic are tender.

Add:

2 c. lentils

1 T. salt

½ t. marjoram

2 c. cooked tomatoes or juice

2 qt. water

browned sausage

Simmer 30 minutes or until tender.

Cut in diagonal slices:

1 loaf Italian bread

To serve, place a bread slice in each soup bowl and spoon soup over bread. Pass Tabasco sauce.

Mabel Eshleman, Lancaster, Pa.

.....

Middle Eastern Lentil Soup

T.S

Serves 4-6

Combine in soup kettle:

1 c. lentils

4 c. water

½ t. cumin

Cook until lentils are soft (30-45 minutes), adding water if necessary for good soup consistency.

Heat in skillet:

1 T. olive oil

Add and sauté just until yellow:

1 onion, chopped

1 clove garlic, minced

Blend in:

1 T. flour

Cook a few minutes. Then add sautéed ingredients to lentils and bring soup to boiling point, stirring occasionally. After soup boils, remove from heat and stir in:

2 T. lemon juice

salt and pepper to taste

Option:

Olive oil is expensive but worth the price to some who recognize Middle Eastern flavors. Others may substitute vegetable oil or margarine.

*Louise Claassen, Elkhart, Ind.
Carolyn Yoder, Cairo, Egypt*

.....

Spicy Split Pea Soup

Serves 6

Combine in large saucepan:

5 c. chicken broth or bouillon

5 c. water

1 lb. dried split peas or lentils

Heat to boiling, turn off heat, cover, and let stand for 1 hour. (Omit this step if using lentils.) Reheat, and simmer over low heat for 45 minutes.

Sauté in skillet over medium heat:

2 T. butter or margarine

½ c. chopped onion

1 clove garlic, finely chopped

1 T. curry powder

1 t. crushed coriander seeds

¼ t. crushed red peppers

1 t. salt

Stir-fry about 7 minutes. Stir spice mixture into split peas, cover, and cook over low heat for 20 minutes. Cool slightly. Puree 2 c. of the soup in covered blender, holding lid partially ajar to let steam escape. Repeat until all has been pureed.

Stir in:

½ c. light cream or milk

Heat to serving temperature. If soup is too thick, thin with small amount of water or milk.

Option:

Soup can be served without blending. Substitute ¾ t. ground coriander for coriander seeds, and cayenne pepper for crushed peppers.

Evelyn Bauer, Goshen, Ind.

*Janet learned to make
this soup from Vietnamese
students attending
Goshen College, Goshen, Ind.
While it originates
in a tropical climate,
the peppery broth is equally
good for warming up
on cold nights.
Make nothing else
and eat two bowlfuls.*

Vietnamese-Style Chicken Noodle Soup

Serves 6-8

In large kettle, cook until tender:
1 chicken, or 2-3 lbs. bony pieces
2½ qt. water
½ t. monosodium glutamate
1-2 cloves garlic, crushed
salt and pepper

Remove chicken; skin and bone it.
Return meat to broth and keep at simmer.
Cook separately until tender:

1½ lbs. thin spaghetti

Drain.

To serve, fill individual soup bowls with
spaghetti. Pour over hot broth with
chicken. Sprinkle over each bowl:

1-2 T. chopped scallions

Each person may add, to taste:

chopped red pepper or Tabasco
soy sauce

freshly ground black pepper

Eat with chopsticks and soup spoon.

Janet Friesen, Seattle, Wash.

*Gumbo is a favorite company
meal with both contributors.
"Make it with just
the backs, wings, and ribs,"
says Francis.*

Spicy Chicken Gumbo

Serves 8

Sauté in large, heavy kettle:

¼ c. oil or margarine
2 onions, sliced
2 cloves garlic, minced
1 green pepper, diced

Blend in:

2 T. flour

Cook and stir over low heat until
vegetables are tender.

Add:

2½ c. cooked tomatoes
**2 c. cooked okra, or 1½ c. frozen
whole okra**
¾ c. tomato paste
3 c. broth or stock
1½ T. salt
¼ t. pepper
1½ T. Worcestershire sauce
⅓ t. ground cloves
½ t. chili powder
pinch dried basil
1 bay leaf

Simmer 1 hour. Prepare cooked rice (see
p. 125).

Chop and reserve:

⅓ c. parsley

Add to gumbo:

2-3 c. cooked chicken, diced

Simmer briefly. To serve, combine hot
cooked rice with chopped parsley and
mound rice in center of soup bowls,
using ice-cream dipper or large spoon.
Pour hot gumbo around.

Options:

Omit okra.

Add 1 T. gumbo file, if available.

Substitute cooked clams for chicken.

*Pearl Zehr, New Wilmington, Pa.
Francis Griffin, Ft. Worth, Tex.*

*Simple
but elegant version
of chicken-rice soup.*

.....
**Ham Bone
Dinner**

Serves 6-8

Combine in large kettle:

**2 c. dried yellow or green
split peas
4 peppercorns
1 ham bone
salt to taste
water to cover**

Bring to boil, then simmer 2-3 hours until
peas are done, adding water if
necessary. Remove ham bone, cut off
meat and chop finely.

Add to soup:

**ham bits
6 carrots, sliced
1 green pepper, chopped
2 onions, diced**

Cook until carrots are done, about 30
min. Check seasonings and serve.

Options:

Substitute chopped bacon or salt pork
for the ham bone, or omit meat entirely
and flavor with herbs.

Just before serving add several chopped
hard-cooked eggs.

Add dumplings:

Combine:

**2 c. flour
½ t. salt
4 t. baking powder**

Rub in:

1 T. margarine

Gradually add:

1 c. water

Place on top of simmering soup in large
spoonfuls. Cover and cook without
peeking 15 min. Use dumplings when all
the soup can be eaten at once—they
do not reheat well.

*Martha B. Nafziger, LaCrete, Alta.
Laura Dyck, Winkler, Man.*

.....
**Greek
Egg-Lemon Soup**

Serves 4

Cook together:

**Bony pieces from 1 chicken
5 c. water
1 bay leaf
1 t. salt
dash pepper**

When chicken is tender, remove meat
and discard bay leaf. Take meat from
bones.

Add to broth and cook until tender:

⅓ c. rice

Return meat to soup. Adjust seasonings.
Heat soup to boiling, then remove from
heat.

In small bowl, beat until light:

1 egg

Stir into egg:

**several tablespoons hot soup
juice of ½ lemon**

Stir egg mixture into soup. Serve
immediately with parsley sprinkle.

Louise Claassen, Elkhart, Ind.

Meatball Soup (Sauer Klops)
*is a traditional dish still found
 on the table in
 North American Mennonite
 homes of Prussian ancestry.
 Broth has a distinctive
 spicy-sour flavor.*

Meatball Soup

Serves 4

Combine in mixing bowl:

- ½ lb. lean ground beef**
- ½ c. finely rolled cracker
or bread crumbs**
- ½ c. evaporated or whole milk**
- ½ t. salt**
- dash pepper**

Form into balls 1½" in diameter, and set aside.

Combine in 3 qt. saucepan:

- 2 c. cubed potatoes**
- 1 small onion cut in half**
- 7 kernels allspice**
- chopped parsley**
- 1 carrot, sliced**
- 2 c. water**
- 1 t. salt**
- dash pepper**

Bring ingredients to boiling point, then add meatballs. Cook 6 minutes in pressure pan, or 20-30 minutes by regular method.

Add:

- ½ c. milk or cream**
- 2 t. vinegar**

Skim fat off top, if necessary, before serving.

Options:

Add 1 c. fresh or frozen peas shortly before removing from heat.

Omit potatoes in soup. Boil unpeeled new potatoes separately and serve along with soup.

Thicken soup slightly with flour, if desired.

Elsie Epp, Marion, S.D.

*Martin Stew was named
 by a youth group who were
 often served this by
 Elizabeth Martin,
 who says she was never sure
 what time they would arrive.
 It can be made ahead
 of time and holds well.*

Martin Stew

Serves 6-8

Bring to boil in large kettle:

- 1½ qts. water**

Add:

- 2½ c. macaroni**

Meanwhile, brown in skillet:

- 1½ lbs. ground beef**
- 1 onion, chopped**

When redness is gone, add meat to macaroni kettle.

Add:

- 1 qt. tomato juice**
- 1 T. salt**
- pepper**

Simmer ½ hour. Just before serving, add:

- 2 c. frozen peas**

Cook a few more minutes and serve in soup bowls.

Elizabeth S. Martin, New Holland, Pa.

Hunter's Stew

Combine in large kettle:

- 1 ham bone with leftover meat**
- 5 c. water**

Boil until meat is very tender (1-2 hours). Remove bone, chop meat, and return to broth.

Add:

- 1 c. fresh, frozen, or canned
lima beans**
- 1 c. spaghetti, broken into pieces**
- 2 c. canned, frozen or fresh corn**
- 1 large onion, chopped**
- 1 qt. tomato juice**
- salt and pepper to taste**

Simmer 20-30 minutes to finish cooking and blend flavors.

Elsie Mann, Fairbault, Minn.

.....

Peanut Soup

Serves 3-4

Sauté in heavy saucepan:

2 T. margarine

1 medium onion, chopped

When onion is yellow, stir in:

1 T. flour

Mix in a small bowl:

½ c. chunky peanut butter

1 c. hot water

Add to onions, cooking over low heat and stirring until smooth.

Add:

1 chicken bouillon cube

3 c. milk

Heat slowly, stirring often, until bouillon dissolves and soup is hot.

Serve with croutons and garnish with parsley.

Option:

Chicken broth may replace the hot water and bouillon cube, plus part of the milk if desired.

Beth Fry, Conestoga, Pa.

Helen and Adam Mueller,

Cape Girardeau, Mo.

.....

Pot-Of-Gold Peanut Soup

Serves 6

Combine in large saucepan:

1 oz. dried mushrooms (optional)

8 c. water

Soak about 5 minutes or until mushrooms are rehydrated; remove and reserve mushrooms. Add to water:

3 T. instant chicken bouillon

1 dried red chili pepper

**OR ¼ t. dried crushed
red pepper**

Bring to boil. Stir in:

½ c. pearl barley

Cover and simmer 1 hour or until barley is tender. Remove saucepan from heat and blend in:

1 c. chunky peanut butter

Stir with wire whip until smooth. Return to heat and continue stirring until soup is thickened. Stir in:

**2 c. frozen chopped broccoli,
thawed and drained
reserved mushrooms**

Simmer 3-5 minutes. Remove from heat and add:

2 T. fresh lemon juice

2 T. chopped parsley

Option:

When omitting dried mushrooms, begin by cooking barley in water and bouillon (or broth). Fresh mushrooms may be sautéed briefly and added with broccoli.

Elma Esau, Akron, Pa.

vegetables

Possibilities for eating plants are vast, yet many cooks dish up the same dull round of boiled carrots, corn, and green beans every week. Eating vegetables is for adventure—some people—people who look at a new food the same way they look at a book that hasn't been read or a hill that wants climbing.

Menus can be full of new experiences with vegetables for very little money. Consider what happened to two teachers in Zambia:

***I'm impressed with what
Zambians eat that North
Americans throw away. Mostly
this pertains to vegetables and
the lungs and intestines of
chickens. Mark and I haven't
taken to intestines yet, but
we've learned to throw away
less vegetable matter. We're
eating beet tops, bean,
broccoli, and pumpkin leaves.
Wash the leaves, chop, and boil
with salt and a handful of finely
chopped peanuts. It makes a
lovely vegetable in peanut
gravy.***

**—Darlene Keller,
Lusaka, Zambia**

***Our neighbor's cauliflower
would not produce a head, and
since they had no other
vegetables, they decided to eat
the leaves. The interesting thing
is, the leaves taste like
cauliflower.***

—Ruth Martin, Katete, Zambia

For those with even a little space, gardening can provide cheap excitement on the table. A dirt-gardener friend is becoming a specialist in growing and tasting

every possible variety of peas and beans. When I received the Puerto Rican recipe on page 102, I phoned him for information on pigeon peas. He had never heard of them either, but I caught a note of excitement in his voice. Two weeks later he came to me with a triumphant grin. He found pigeon peas in an obscure seed catalog, ordered some, and next fall they'll be ready to try.

No book can say which vegetables are cheapest for those who don't garden. Every locale has its specialties. In most of North America, potatoes, carrots and cabbage are still the cheapest high-nutrient vegetables. Potatoes contain helpful amounts of vitamins and minerals. Baking potatoes in the skin preserves more nutrients than any other cooking method. Home-cooked and mashed potatoes, though not as good as baked, have twice the vitamins and minerals of the instant mashed variety. Carrots provide carotene which our bodies use to make Vitamin A. Cabbage, especially raw, is an excellent source of Vitamin C.

Iceberg lettuce, now standard salad fare on many tables year-round, is not usually a valuable buy for the nutrients it yields. There is no magic in the fact that iceberg lettuce is raw and crunchy. Its pale color gives away all but the outer leaves as a relatively poor source of vitamins. Grow your own greens in summer. Let the family chew carrots and cabbage in winter. Any of the following contain more vitamins for the money than iceberg lettuce: leafy, dark-green lettuce such as romaine; raw or cooked greens like endive, spinach, chard, collard

greens; dark yellow-orange vegetables like carrots, yellow squash, or sweet potatoes.

Most vegetables should be cooked briefly in small amounts of water. Vegetable steamers, which fit inside ordinary saucepans, are available in some department stores. These steamers do a lovely job of preserving taste and nutrients.

Another fast, tasty, and vitamin-saving way to prepare vegetables is to stir-fry Chinese-style. Cut the raw vegetables, often a combination, into attractive uniform shapes. Set aside, grouping each kind of vegetable separately. If the recipe calls for a sauce, combine those ingredients in a small bowl and set aside. Have everything ready. Heat a skillet, add one or two tablespoons of oil, and when quite hot, add garlic if specified, and then vegetables, longest-cooking varieties first. With a wooden spoon or chopsticks, stir almost constantly over medium-high heat. As vegetables turn bright in color and begin to tenderize a bit, add other faster-cooking vegetables. When vegetables are still partly crisp (crisp-tender is the word used in recipes), add sauce mixture all at once, cook just until sauce clears and coats vegetables, and serve immediately. If no sauce is used, season while frying. The cooking itself may only take three to five minutes. A little practice lets you know just how crisp you should leave it. A little practice will also have you forgetting recipes as you invent new combinations from what is on hand.

The attractive color and delicious flavor of stir-fried vegetables has to be experienced. Somehow,

half-cooked vegetables taste bad when done in water, but absolutely wonderful when stir-fried. Their fresh crunchiness makes salads unnecessary. Cutting and chopping can be done well in advance, but once the dish is hot and sauced, making it wait means sacrificing the perfect texture.

Sometimes I forget other details of the meal because it's so much fun to get right into assembling the stir-fry dish. Then my frantic alarm cries out to the rest of the family to finish setting the table because I can't leave the stove. But it's only the last five minutes that are hectic. The rewards are great. See Stir-fried Green Beans (p. 221, Zucchini (p. 235), and Broccoli (p. 224).

A delicious and versatile vegetable catching on with more and more gardeners is zucchini squash. Linda Grasse, Chambersburg, Pa., writes:

We found that the zucchini squash is very easy to grow, is a prolific producer, adapts to many soil conditions and continues to produce most of the summer. However, I've also discovered that most people are unfamiliar with this variety of squash and do not know how to use them.

Many contributors must have shared Linda's sentiments for we received more recipes for zucchini than any other vegetable. Try some zucchini seed and then the recipes beginning on page 235. Check the growing squash daily and pick while they are only six to eight inches long. Zucchini is also delicious raw.

Vegetables Au Gratin

Serves 6-8

350°

20 min.

Preheat oven to 350°.

Prepare:

1½ lbs. or about 4 c. cooked vegetables (especially good are sliced carrots, cabbage, green beans, zucchini, broccoli, cauliflower, small onions, or a combination)

Toss together:

½ c. crushed cornflakes

1 T. oil or margarine

Set aside for topping.

Sauté in saucepan over low heat:

3 T. oil or margarine

½ c. (or more) chopped onion

Stir in:

3 T. flour

1 t. salt

½ t. pepper

Cook, stirring, until bubbly. Add:

1½ c. milk (use vegetable stock and powdered milk)

Cook and stir until smooth. Add:

1 c. (4 oz.) grated cheese

Stir until melted; remove from heat. Add:

cooked vegetables

1 T. dried or fresh snipped parsley

Spread mixture in shallow 1½-qt. baking pan. Sprinkle crumb mixture evenly over top. Bake 20 minutes or until sauce is heated and bubbly. Let stand 3-5 minutes before serving.

Options:

Omit cheese.

Substitute bread crumbs for cornflakes.

Use leftover vegetables in combination.

Prepare ahead of time and refrigerate until ready to bake.

Add 1 c. sliced ham for main-dish special.

Rosemary Moyer, North Newton, Kan.

***This old favorite
still dresses up any vegetable
and can serve as main dish
(milk-cheese protein)
if you make plenty.
Add salad and hot bread.
Nice for a buffet.***

*Contributor says,
"We eat greens this way
'most every day
and they are nutritious
and easily digested—
good for people who
can't eat lots of raw cold salad."*

Basic Cooked Greens

T.S

Serves 3

Prepare 1 qt. washed finely chopped greens:

celery with leaves

lettuce

dandelion

turnip greens

kale

beet greens

spinach

cabbage

sauerkraut

endive

Swiss chard

Place in covered saucepan. Add chopped onions if desired. Water clinging to leaves from washing is usually sufficient. Cook just enough to wilt.

Beat together:

1 c. milk

2 T. flour

1 egg

seasoning to taste—salt, pepper, vinegar, mustard, sugar

Pour over hot greens and cook, stirring, until mixture thickens. Serve at once.

Option:

Add chopped cooked meat or hard-cooked eggs.

Naomi Coffman, Harrisonburg, Va.

*Paper-thin slices
are easy to cut from partially
frozen meat. Freeze some
meat in ¼ lb. packages
for quick stir-fried dinners,
which can usually be
prepared in the 25 minutes
it takes to cook rice.*

.....

**Stir-Fried
Green Beans**

T-S

Serves 4

Combine in small bowl and set aside:

- ½ t. salt**
- 1 t. sugar**
- 1 t. cornstarch**
- 1 T. soy sauce**
- ½ c. water or soup stock**

Heat in skillet:

- 2 T. cooking oil**

Add:

- ¼ lb. raw beef chuck, thinly sliced
in bite-sized pieces**
- 2 cloves garlic, minced**
- ½ c. onion, diced**

Stir-fry over high heat until beef begins to change color. Remove beef, onions, and garlic from skillet and set aside. If necessary, add more oil and reheat skillet. Add:

- 1 lb. fresh French-cut green beans**

Stir until beans become bright green. At once add reserved soy sauce mixture and cook, stirring, until clear. Cover skillet and cook over medium heat until beans are just crisp-tender. Return beef to skillet, stir well and remove from heat. Serve immediately with rice. Add salad or light soup to complete the menu.

Options:

Use 1 chicken breast or ¼ lb. pork in place of beef.

Frozen green beans may be used but will not have the tender-crisp texture of fresh beans. Increase cornstarch to 1 T.

*Pat Hostetter Martin, Quang Ngai,
Vietnam*

.....

**Puffy
Green Bean-Cheese Bake**

Serves 4

350°

50-60 min.

Preheat oven to 350°.

Grease a 1½-qt. casserole. Break in:

- 2 large or 3 medium eggs**

Beat with rotary beater. Add:

- 1 c. milk**
- ¼ t. salt**
- ½ c. fine cracker crumbs**
- 1 T. finely chopped onion**
- 1 c. cheddar cheese cubes**

Stir well. Arrange on top:

- 1¼ c. fresh green beans, cut in
small pieces or equal amount
frozen or canned beans**

Drizzle over:

- 1 T. melted margarine**

Bake, uncovered, 50-60 minutes.

May be prepared in advance except for adding melted margarine.

Vera R. Buehler, Conestoga, On.

*Carolyn, a teacher at
Ramses College for Girls, says,
"This is our noon meal
nearly every day
and it grows on you."*

*See p. 244 for method
for sprouting beans.*

.....
**Egyptian
Tabikh**

.....
**Stir-Fried
Bean Sprouts**

T·S

T·S

Serves 4

Prepare for cooking:

Green beans

Zucchini squash

OR a vegetable mixture

Instead of cooking in water, cook in
tomato juice.

Thicken the juice with tomato paste, if
desired.

Add sautéed onion and seasonings, as
desired.

Serve over rice.

Heat in wok or skillet until very hot:

2 T. oil

Add and stir-fry 2 minutes:

1 lb. fresh bean sprouts

2 green onions, cut in 1½" lengths

1½ t. salt

dash soy sauce

Serve with rice.

Jessie Hostetler, Portland, Ore.

Option:

Cook small pieces of meat in the tomato
juice until tender. Add vegetables during
last 15-20 minutes.

Carolyn Yoder, Cairo, Egypt

Vegetable Discoveries ▶

*Cook chunks of peeled
pumpkin, onions, tomatoes,
and seasonings together. Stir in
half a cup ground peanuts, cook
10 more minutes and serve over
rice. Pumpkin can be stored 6
months or longer, so this could
be an economical dish most of
the year.*

—Nell Peters, Choma, Zambia

*A recipe used for years
in Olive Wyse's
foods classes
at Goshen College.*

.....
**Sweet-Sour
Beets**

T.S

Serves 4-6

Grate finely:

**1 large or 2 medium raw beets,
peeled**

Melt in saucepan:

2 T. margarine

Add grated beets. Cover and cook slowly
until beets are tender, stirring
occasionally.

Add:

salt and pepper

1 T. vinegar

3 T. sugar

2 t. cornstarch dissolved in

¼ c. water

Cook stirring, until sauce clears. Serve
hot.

Options:

Add 2 T. orange juice with water.

Simply add salt and pepper to sautéed
beets and serve without sauce.

Minnie O. Good, Denver, Pa.

***Fry ¼ inch slices of young green
squash in a batter of flour, egg,
salt, and milk. This was "steak"
in the early days of Mennonite
colonies in Paraguay.***

***—Myrtle Unruh,
Philadelphia, Paraguay***

.....
**Fresh Broccoli
With Mock Hollandaise**

Serves 4-6

*Note: Cooking sulfur-containing
vegetables such as broccoli, brussel
sprouts, cauliflower, or cabbage, in
larger quantities of boiling water
shortens cooking time and lessens the
formation of undesirable sulfur
compounds. Any of these vegetables
can be used in the following recipe.*

Bring to boil in a large saucepan:

enough water to cover broccoli

2 t. salt for each quart water

Wash 1 head broccoli. Split large stem
into fourths, but do not cut through head.
Submerge broccoli in boiling water.
Over high heat, quickly return to boiling.
Reduce heat and cook gently,
uncovered, just until stems are tender
(7-10 min.) Remove from hot water
immediately. Cut into serving pieces and
arrange in oblong dish with heads at
each end and stems in the center. Pour
mock hollandaise over stems.

Mock Hollandaise

Melt in saucepan:

2 T. margarine

Blend in:

2 T. flour

1 T. sugar

¼ t. salt

Stir in:

1 c. water

2 T. vinegar

Cook until thickened. Cool slightly. Add:

2 egg yolks, beaten or

1 whole egg, beaten

Blend. Heat briefly before pouring over
vegetables, but do not boil.

Olive Wyse, Goshen, Ind.

**A good way to make
broccoli stems acceptable
and to use celery not
in first-class condition
for serving raw.**

.....
**Broccoli-Celery
Hollandaise**

Serves 4-6

Wash and prepare:

1 lb. fresh broccoli

Remove heads and set aside. Slice stems diagonally into 1/2" pieces. Slice diagonally in 1/2" pieces:

2-3 stalks celery

Bring to boil in large saucepan:

2 qts. water (approx.)

4 t. salt

Add celery and broccoli stems. Boil, uncovered, about 8 minutes. Add broccoli heads. Cover until water returns to boiling. Uncover and cook gently for 5 min. Using some of the cooking water, prepare Mock Hollandaise sauce (see p. 223). Drain vegetables well and arrange broccoli heads in circle in serving dish. Add broccoli stems and celery to sauce. Combine thoroughly. Pour sauce in center of serving bowl.

Olive Wyse, Goshen, Ind.

**Cut broccoli heads
in flowerets
and slice stems diagonally.**

.....
**Stir-Fried
Broccoli**

Serves 4-5

T.S

Combine and set aside:

1/2 c. chicken broth

1 t. cornstarch

2 T. soy sauce

1 t. sugar

Heat in skillet:

3 T. oil

Add:

1/2 medium onion, diced

Fry until golden.

Add:

**1 lb. broccoli,
cut in small pieces**

Stir-fry for three minutes. Add sauce ingredients. Stir-fry for 1 minute until sauce clears.

Option:

May be used for cauliflower cut into thin fan-shaped slices or broccoli-cauliflower combination (lovely color contrast!).

Olive Wyse, Goshen, Ind.

**Peel and cut the neck part of
crook-neck pumpkin in 1/3 inch
slices. Flour and fry slowly on
both sides in small amount hot
fat. Salt and pepper. After
removing slices to serving plate
add a little milk or cream to
skillet to make gravy.**

—Martha Kaufman, Atglen, Pa.

**Cook separately: egg noodles,
broccoli, cheese sauce.**

**Arrange noodles in a ring on a
platter, place broccoli in the
center, pour cheese sauce over
all for an attractive high-protein
main dish.**

**—Elizabeth Yoder,
Bluffton, Ohio**

.....

Broccoli Stuffing Bake

Serves 6-8

325°

45 min.

Preheat oven to 325°.

Heat and stir in saucepan until blended:

2 c. milk

1 c. (4 oz.) shredded sharp cheese

Beat in mixing bowl:

4 eggs

Gradually stir hot mixture into eggs.

Add:

2½ c. herb-seasoned croutons
(see p. 85)

2 c. frozen chopped broccoli,
thawed

¼ t. salt

Mix well. Turn into greased 1½-qt.
casserole. Bake 45 minutes.

Lois Beck, West Liberty, Ohio

*Place cooked cauliflower,
cooked spinach, white sauce,
and cubed cheese in alternate
layers in casserole. Top with
buttered crumbs and bake until
bubbly.*

*—Geraldine Mitsch,
Aurora, Ore.*

.....

Skillet Cabbage

T·S

Serves 4

Heat in large skillet:

2 T. butter or margarine

Add:

¾ c. chopped onions

1 clove garlic, minced

Stir-fry briefly. Add:

3-4 c. finely sliced cabbage

½ c. coarsely shredded carrots

Stir-fry about 5 minutes over medium
heat, until vegetables are crisp-tender.

Add:

½ t. paprika

1 t. salt

dash freshly ground pepper

2 t. soy sauce (optional)

Stir until thoroughly blended and serve
immediately.

Options:

Indonesian—When vegetables are
crisp-tender, season well and pour over
2 eggs, beaten. Cook a few more minutes
over low heat, stirring just enough to
allow eggs to become cooked. Serve as
a main dish with rice.

Vietnamese—Top with a generous
sprinkling of chopped roasted peanuts,
serve with rice, and pass soy sauce.
Slivers of meat may be added at the
beginning with onions.

Dorothy Liechty, Berne, Ind.

*Anna's not sure
the dish is recognized in Taiwan,
but it's been a family favorite
with this name.*

.....
**Formosan
Fried Cabbage**

T·S

Serves 4

Brown together in heavy saucepan or large skillet:

4 strips bacon or ½ lb. sausage, chopped

½ medium onion, chopped

Drain off some of the fat. Add:

½ medium cabbage, coarsely chopped

Stir-fry over low heat until cabbage is tender. Add:

1 T. soy sauce

Serve over rice and pass additional soy sauce.

Anna Juhnke, North Newton, Kan.

.....
**Creamy
Cabbage**

T·S

Serves 6

Cook about 7 minutes, just until crisp-tender:

6 c. shredded cabbage

¼ c. onion, chopped

⅓ c. water

⅛ t. salt

Drain. Add and toss lightly while hot:

3 oz. cream cheese, cubed

½ t. celery seed

**2 T. butter or margarine
paprika**

Zona Galle, Madison, Wis.

*Cook overripe peas and add to
cooked rice with onions, garlic,
and curry seasonings.*

*—Kamala Misra,
Bhubaneswar, India*

*Add cheese to creamed peas
(or any other creamed
vegetable) and serve on toast.*

*—Esther Lehman,
Lowville, N.Y.*

*Add home-dried tangerine peel
(see p. 303) to cooked beets.*

—Evelyn Liechty, Berne, Ind.

*Mash drained carrots easily
by whirling in blender
with eggs and milk.*

.....
**Ginger-Glazed
Carrots**

Serves 4

Boil in small amount of water:

**8 small carrots (or equivalent
carrot sticks)**

When almost tender, drain well. (Reserve
liquid for soup making.)

Heat in heavy skillet:

1½ T. margarine

¼ t. ground ginger

1 T. honey or sugar

Add carrots and stir carefully to coat.

Cook over low heat until glazed, turning
frequently.

Option:

Omit ginger. Add 1 T. prepared mustard.
Sprinkle with chopped chives, mint, or
parsley.

*Jean Edmonds, Sparta, Tenn.
Winifred Paul, Scottsdale, Pa.*

.....
**Carrot-Cheddar
Casserole**

Serves 8

350°

30 min.

Preheat oven to 350°.

Combine in mixing bowl:

**3 c. cooked, mashed carrots
(about 1½ lb.)**

3 beaten eggs

2 c. milk

1½ c. shredded cheddar cheese

1½ c. crushed crackers

(reserve ¼ c. for topping)

2-3 T. softened butter

1½ t. salt

dash pepper

1 T. chopped parsley

Mix well. Turn into greased casserole
and sprinkle with reserved crumbs. Bake
30 minutes, or until knife inserted in
center comes out clean.

Mary Lou Houser, Lancaster, Pa.

**Cut fresh green beans
French-style. Stir-fry in hot
skillet with 2 T. margarine for 5
minutes. Season, cover, and
remove from heat. Let stand 5
minutes and serve.**

—Helen Funk, Laird, Sask.

**Shred raw carrots or beets on a
grater. Cook slowly in small
amount of margarine, stirring
often. Season and serve.**

**—Martha Snader,
New Holland, Pa.**

.....

Golden Eggplant Casserole

Serves 4-6

350°

45 min.

Preheat oven to 350°.

Combine in a bowl:

15 soda crackers, crumbled

2 T. melted margarine

Toss. Take out and reserve ¼ c. for
topping.

Add to remaining crumbs:

3 c. cubed eggplant (¾" cubes)

½ c. shredded sharp cheese

¼ c. chopped celery

½ t. salt

¼ t. pepper

1 c. evaporated milk

Turn into greased casserole. Top with
reserved crumbs. Bake 45 minutes.

Author's Recipe

.....

Skillet Eggplant

Serves 4

T.S

Heat in a skillet:

2 T. margarine

Add:

2 c. diced unpeeled eggplant

**1 c. thinly sliced scallions,
green tops included**

**1 large green pepper, cut in
thin strips**

1 large tomato, diced

¼ c. water

½ t. salt

¼ t. ground allspice

1 t. sugar (optional)

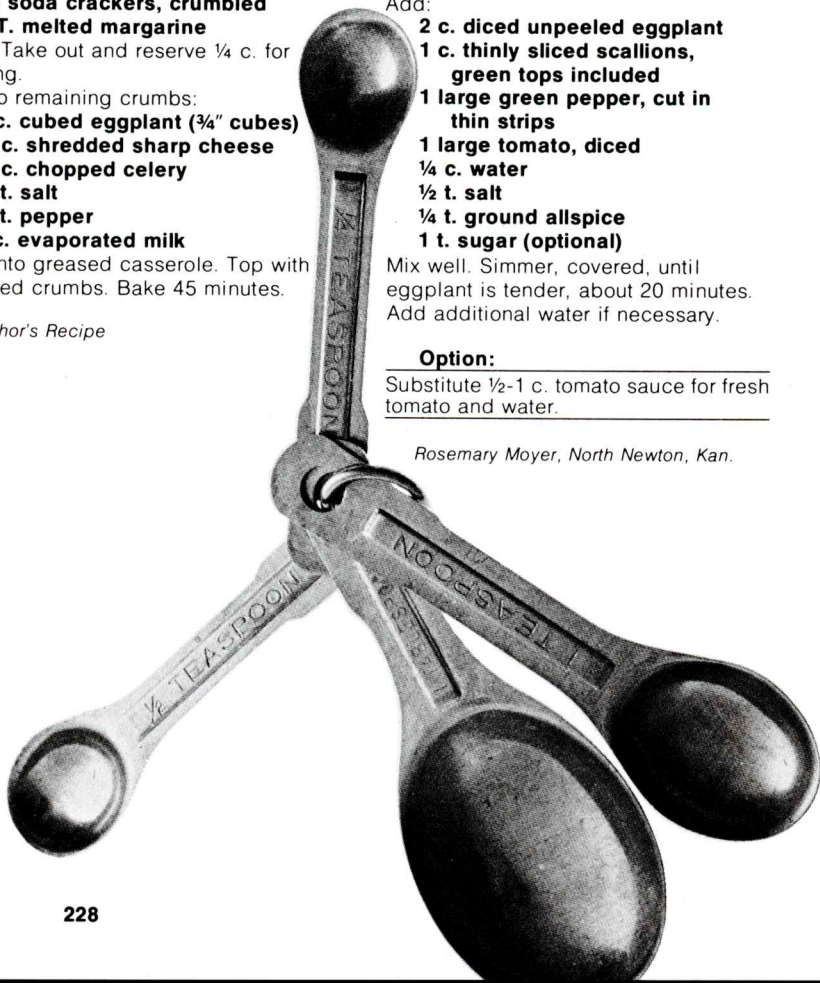
Mix well. Simmer, covered, until
eggplant is tender, about 20 minutes.

Add additional water if necessary.

Option:

Substitute ½-1 c. tomato sauce for fresh
tomato and water.

Rosemary Moyer, North Newton, Kan.



*Nell Peters wrote
assuring us this is husband Ed's
original creation,
to be found nowhere else!*

.....

Eggplant Supreme

T.S

Serves 4

Prepare:

- 1 eggplant, peeled and sliced
1/4" thick**
- 1 onion, finely chopped**
- 1 large green pepper, thinly sliced**

Heat in 10" skillet:

- 1 T. margarine**

Place 4 slices eggplant symmetrically in skillet. Add some onion and green pepper in spaces between eggplant.

Sprinkle with:

- chili powder**
- salt**

In bowl, beat until foamy:

- 4-5 eggs**

When eggplant softens, pour into skillet some of beaten egg, just enough to cover eggplant. Fry over low heat, without stirring, until egg is cooked. Turn "pancake" and brown other side. Remove to platter and hold in warm oven. Repeat, adding more margarine to skillet, until eggplant and eggs are used. One "pancake" serves one person as a main dish.

Option:

Add chopped tomatoes.

Ed Peters, Choma, Zambia

*Lots of fuss
but yields a really elegant
meatless casserole.*

.....

Eggplant Parmesan

Serves 6

375°

10-15 min.

Preheat oven to 375°.

Cut in 1/2" slices:

- 1 medium eggplant**

Cover with hot water and let stand 5 min. Dry slices. Fry in 1/3 c. oil until lightly browned. Sprinkle with salt and pepper. Put in bottom of 9 x 13" baking pan. Mix together and sprinkle over the eggplant:

- 1 c. bread crumbs**
- 1/2 c. Parmesan cheese**
- 2 T. chopped parsley**
- 1 t. salt**
- 1/8 t. pepper**
- 1 t. oregano**

Combine in saucepan:

- 6 tomatoes, chopped**
- 2 green peppers, chopped**
- 2 onions, chopped**
- 2 T. oil**
- 1 clove garlic, minced**
- 2 T. tomato paste (or thicken
sauce with 1 T. flour)**

Simmer uncovered about 20 minutes, then spread on top of crumb mixture. Top with:

- 1-2 c. grated Swiss cheese**
- 1/4 c. additional Parmesan**

Bake 10-15 minutes. Can be made ahead and refrigerated.

Options:

Broil eggplant instead of frying as in Easy Moussaka, p. 139.

Substitute zucchini for eggplant.

Zona Galle, Madison, Wis.

**Corn Cheese
Bake**

Serves 6

350°

40-45 min.

Preheat oven to 350°.

Combine and mix well:

2 c. cooked corn, drained

⅔ c. milk

2 eggs, beaten

½ t. salt

dash pepper

1 c. shredded cheese (4 oz.)

2 T. minced onion (optional)

**2 T. minced green pepper
(optional)**

Pour into greased 1½-qt. casserole. Top
with:

½ c. cracker crumbs

2 T. melted margarine

Bake 40-45 minutes.

Jocele Meyer, Brooklyn, Ohio

**Mashed Potato
Casserole**

Serves 6-8

400°

20 min.

Preheat oven to 400°.

Cook and mash:

3-4 large potatoes

Add:

⅓ c. sour cream or yogurt

1 t. salt

dash pepper

½ t. sugar

¼ c. margarine

Add just enough milk to bring to proper
consistency and beat until fluffy. Add:

½ t. dill seed

2 t. chives, chopped

**1 c. cooked spinach,
well drained and chopped**

Place in greased casserole and top with:

½ c. grated cheddar cheese

Bake 20 minutes.

May be made a day or two ahead and
refrigerated, or make a double recipe
and freeze half to add to future oven
meal.

Helen June Martin, Ephrata, Pa.

**Potatoes can be baked in a
covered coffee can on an
asbestos pad on top of stove
burner.**

**Plan more oven meals that cook
vegetables and dessert at same
time and temperature as main
dish. Cook frozen vegetables in
a tightly covered casserole at
350° for 40 to 45 minutes for
small pieces and 50 to 60
minutes for larger pieces.**

**—Gertie Martens,
Killarney, Man.**

*Tester reported
leftovers made extra delicious
potato cakes.*

.....
**Golden
Potato Bake**

Serves 8

350°

25 min.

Cook together in salted water until tender:

**2 lbs. potatoes (about 6 medium),
peeled**

2 c. thinly sliced carrots

When done, preheat oven to 350°. Drain vegetables, reserving liquid. Mash with mixer on low speed.

Add: enough vegetable liquid for mashed potato consistency.

½ c. dry milk powder

Beat until mixture is fluffy. Stir in:

**1 T. margarine
salt and pepper to taste**

Turn into 2-qt. greased casserole.

Dot with additional margarine if desired.

Bake 25 minutes.

Option:

For main dish, stir in 1 c. shredded cheese before baking.

Miriam LeFever, East Petersburg, Pa.

Reserve cooking water when draining potatoes to mash. Sprinkle dry milk powder over potatoes, mash, then add reserved cooking water and other seasonings. Fast, cheap, nutritious.

*—Anna Ruth Banks,
Smithville, Tenn.*

.....
**Barbecued Potatoes
And Carrots**

Serves 7-8

375°

1¼ hrs./15 min.

Preheat oven to 375°.

Combine in a bowl:

**4 c. thinly sliced potatoes (may
scrub and leave unpared)**

1 c. bias-sliced carrots

½ c. chopped celery

½ c. chopped onion

**½ c. (2 oz.) shredded
sharp cheese**

Add to vegetables, tossing to coat:

3 T. all-purpose flour

1 t. salt

dash pepper

Turn into casserole. Blend together in a bowl:

½ c. ketchup

⅛-¼ t. cayenne (optional)

1 t. Worcestershire sauce

½ t. garlic salt

2 c. milk

Pour over vegetables. Cover; bake 1¼ hours. Stir; bake, uncovered, 15 minutes more. Garnish with parsley.

Lucy Weber, Mohnton, Pa.

For scalloped potatoes, leave peels on and add plenty of celery, onions, and parsley. Makes a hearty dish with delicious nutlike flavor.

*—Miriam LeFever,
East Petersburg, Pa.*

*A traditional dish
used specifically
for leftover
mashed potatoes.*

.....
**German
Potato Noodles**

Serves 6

Combine in a bowl:

2 c. mashed potatoes
1 egg, beaten
¾ c. flour
1 t. salt

Mix to form a dough. On lightly floured board, roll out pieces into long strips ¼" thick, and cut into strips 1" wide. In skillet, heat fat (½" deep) and fry until brown. Serve hot.

Adele S. Mowere, Phoenixville, Pa.

.....
**MCC-Brussels
French Fries**

Serves 4

Scrub but do not peel:

4-6 medium potatoes

Cut into lengthwise strips ¼ x ¼". Fill deep fryer half full of oil or lard. (Lard is preferred for flavor.) Heat to 375°. Fill wire basket ¼ full of potato strips and immerse in hot oil. If bubbles spill over, raise basket several times till they subside.

As strips fry, stir gently with long fork to keep them from sticking together. Fry 5 minutes or until strips soften and bend under fork without breaking. Remove from oil, let drip, and spill out onto clean newspaper to absorb excess oil. Repeat with all strips.

Now shake strips all together. Fill basket half full. Fry again about 5 minutes or until golden brown, slightly soft inside and crispy outside.

Remove, let drip, and drain French fries onto dry newspaper. Agitate to dry excess oil. Repeat with remaining strips. Salt lightly. Serve hot.

Don Ziegler, Lancaster, Pa.

*Potato filling
isn't filled into anything
but hungry
Pennsylvania Dutch stomachs.
It's simply a tasty
make-ahead version
of mashed potatoes.*

Potato Filling

Serves 4-6

350°

1 hr.

Preheat oven to 350°

Sauté in skillet:

¼ c. margarine

1 c. chopped celery

1 c. chopped onions

Pare and boil in salted water:

4 medium-sized potatoes

When done, prepare as for mashed potatoes.

Mix into potatoes:

1 egg, slightly beaten

**2 slices bread, torn in
small pieces**

onions and celery

Season with salt and pepper to taste. Put into greased baking dish. Bake for 1 hour. Cover for first half hour, uncover for remaining time.

*Mabel Stoltzfus, Harrington, Del.
Edna Longacre, Barto, Pa.*

Potato Pancakes

Serves 4

Combine in a bowl:

**2½ c. grated raw potato
(about 3 medium)**

1 t. salt

dash pepper

2 eggs

2 T. flour

1 T. finely chopped onion

Drop by spoonfuls into a lightly oiled hot skillet. Fry until brown on one side, then turn and brown on other side. Good served with syrup, ketchup, or cheese sauce.

Option:

Add 1 cup finely chopped cooked turkey, chicken, or ham. Good with cranberry sauce.

*Anna Ediger, Drake, Sask.
Elvera Goering, Salina, Kan.
Neill Peters, Choma, Zambia*

Sweet Potatoes Recife

Serves 8

400°

30 min.

Preheat oven to 400°.

Combine in mixing bowl:

**4 c. cooked mashed sweet
potatoes**

**2 c. cooked crushed pineapple,
drained**

6 T. margarine, melted

1 t. salt

3 T. brown sugar

¼ t. ground cloves

Turn into ungreased casserole. Sprinkle on:

½ c. bread crumbs

Bake 30 minutes.

Josefa Soares, Recife, Brazil

.....

Spinach Loaf

Serves 4-6

350°

35-40 min.

Preheat oven to 350°.

Cook briefly and drain well:

2 c. frozen chopped spinach
OR

2 qt.-saucepan fresh spinach,
heaping full

Make a white sauce:

2 T. margarine

3 T. flour

½ t. pepper

1 t. salt

1 c. milk

Combine:

spinach

white sauce

2 eggs, slightly beaten

Pour into buttered casserole. Bake 35-40 minutes, until knife inserted comes out clean.

Options:

Sauté 1 onion, chopped, in margarine when making white sauce.

Add ¾ c. grated cheese to white sauce.

Mary Lou Houser, Lancaster, Pa.

Elvera Goering, Salina, Kan.

.....

Corn-Squash Bake

Serves 6

350°

40 min.

Preheat oven to 350°.

Cut in 1" rounds:

3-4 medium zucchini or other
summer squash, unpeeled

Cook in small amount of boiling salted water until tender. Drain and mash with fork.

Sauté:

1 T. margarine

1 small onion, chopped

Combine:

mashed zucchini

sautéed onion

2 c. corn, fresh cut, cooked or
frozen (thawed)

1 c. shredded Swiss cheese

½ t. salt

2 beaten eggs

Turn into 1-qt. greased casserole.

Combine and sprinkle on top:

¼ c. dry bread crumbs

2 T. grated Parmesan cheese

1 T. melted margarine

Place casserole on baking sheet; bake for 40 minutes, or until set. Let stand 5-10 minutes before serving.

Linda Grasse, Chambersburg, Pa.

.....

Stir-Fry Zucchini

T.S

Serves 4

Heat in large skillet over medium heat:

3 T. salad oil

Add:

**1 lb. zucchini, cut into
strips about 3" long**

1 c. onion, cut in large pieces

Cook uncovered, stirring frequently, until
crisp-tender (about 5-8 minutes). Stir in:

2 T. sesame seeds

1 T. soy sauce

½ t. salt

dash pepper

Option:

Cut zucchini and onion in rounds.

Evelyn Liechty, Berne, Ind.

.....

Skillet Italian Zucchini

T.S

Serves 4

Slice diagonally, ½" thick:

8 small zucchini, unpeeled

Heat in skillet:

2 T. butter or margarine

Add and sauté about 5 minutes:

**½ onion, chopped
sliced zucchini**

Add:

**2 c. spaghetti sauce, tomato
sauce, or canned tomatoes**

**2 T. grated Parmesan cheese
(optional)**

1 t. salt

½ t. leaf thyme

½ t. oregano

½ t. basil

dash pepper

Cover and simmer just until crisp-tender.

Linda Grasse, Chambersburg, Pa.

.....

Baked Italian Zucchini

Serves 6

350°

45 min./10 min.

Preheat oven to 350°.

Place in casserole, adding seasoning to
each layer:

**2 medium or 3-4 small unpeeled
zucchini, sliced ½" thick**

1 onion, sliced

**1 whole tomato, sliced
(optional)**

1 t. oregano

½ t. basil

salt and pepper

Pour over:

**1-2 c. tomato sauce, enough to
barely cover vegetables**

Cover and bake 45 minutes.

Uncover and add:

**1 c. cubed buttered bread
or ½ c. bread crumbs**

½ c. grated cheese

Bake an additional 10 minutes,
uncovered.

Option:

Use frozen sliced zucchini, but increase
first baking time to 1 hour.

Author's Recipe

**Tester reported:
"Husband HATES zucchini
but liked this
and never knew
what he was eating
until told."**

.....
**Zucchini
Skillet Supper**

T·S

Serves 4-5

Sauté in skillet in small amount hot fat:

4 c. zucchini, thinly sliced

1 onion, sliced

Add:

2 c. canned tomatoes with juice

**¾ c. canned mushrooms, drained
(optional)**

**salt, pepper, and oregano to taste
cubes of cooked chicken, beef,
ham, or browned ground beef**

Simmer just until heated through. Serve
in soup bowls and sprinkle with
Parmesan cheese.

Options:

Use fresh sliced mushrooms and sauté
with zucchini.

Use fresh tomatoes in season. Add
tomato juice for liquid.

Omit meat and serve as vegetable.

Eat over noodles or rice.

Ruth Sherman, Goshen, Ind.

.....
**Zucchini
Omelet**

T·S

Serves 4-5

350°

25-30 min.

Preheat oven to 350°.

Heat in skillet:

2 T. margarine

Sauté gently until fork-tender, 5-7
minutes:

1 medium onion, sliced thinly

1 clove garlic, minced

**2 lbs. zucchini squash, coarsely
grated**

Add:

1½ t. salt

¼ t. pepper

Put squash in baking dish.

Meanwhile, combine:

2 eggs

½ c. milk

3 T. flour

**½ c. grated Parmesan or other
cheese**

Pour over squash. Bake 25-30 minutes,
or until firm.

Option:

Add 2 beaten eggs and seasonings
directly to sautéed vegetables. Cook and
stir until eggs are set.

Barbara Longenecker, New Holland, Pa.

.....

**Zucchini
And Eggs**

T-S

Serves 3

Prepare:

4 small zucchini, unpeeled

Cut squash in half, then split each half into 4 pieces. Heat in skillet:

2 T. margarine

2 T. oil

Flour squash lightly and fry until brown. Sprinkle with salt and pepper. Arrange zucchini evenly in skillet. Combine and pour over top:

2 eggs, lightly beaten

1 T. milk

Cook slowly until set. Sprinkle with:

grated Parmesan cheese

Option:

Sauté onion with zucchini and season with garlic salt, parsley, and oregano.

Olive Wyse, Goshen, Ind.

Linda Grasse, Chambersburg, Pa.

.....

**Zucchini
Egg Foo Yung**

Serves 4

Grate coarsely:

4 medium unpeeled zucchini

Mix in:

3 eggs, beaten

¼ c. flour or ½ c. wheat germ

¼ t. garlic powder (optional)

1 t. salt

1 onion, grated

Fry by tablespoonfuls in hot oiled skillet, turning once when golden brown.

Arrange on platter and top with sauce:

Combine in saucepan:

1 c. chicken broth

2 T. soy sauce

1 T. cornstarch

Cook and stir over low heat until thickened. Serve with rice.

Options:

Add fresh bean sprouts with grated zucchini.

Switch from Chinese to Italian meal by topping with tomato sauce and Parmesan cheese sprinkle. Serve with spaghetti.

Evelyn Liechty, Berne, Ind.

Eleanor Hiebert, Elkins Park, Pa.

.....

Tomatoes Stuffed with Spinach

Serves 6

375°

20 min.

Preheat oven to 375°.

Prepare for stuffing:

6 firm tomatoes

Cut off tops and scoop out centers.

Combine:

2 c. cooked spinach

1 T. melted butter

½ t. salt

½ onion, minced

Pack into tomato shells. Place in greased casserole and bake about 20 minutes.

Serve with creamed hard-cooked eggs as a main dish.

Grace Horning, Ephrata, Pa.

.....

Brown Tomato Gravy

Serves 3

Peel and slice:

2-3 firm, ripe tomatoes

Heat in skillet:

2 T. margarine or shortening

Roll tomato slices in flour and brown quickly on both sides.

Reduce heat.

Add to skillet:

2 T. sugar

1 t. salt

1 c. water

Simmer 30 minutes, stirring occasionally and breaking up tomato chunks. Serve with potatoes, rice, noodles, or on toast.

Edna Mast, Cochranville, Pa.

*Kale and Swiss chard
stay green in the garden
long after the first frost
and were a good
early winter source
of Vitamin A before freezers.*

.....

Prussian Kale

T.S

Serves 3

Prepare:

1 qt. fresh kale, finely chopped

Cover with cold water and bring to a boil. After boiling 2 minutes, drain off water and discard.

Add:

1 c. fresh water

½ t. salt

dash pepper

¼ c. oatmeal

one of the following to flavor:

**piece of boiled fresh pork
ham bits**

**several strips crisp bacon,
crumbled**

2 T. bacon fat or margarine

Simmer about 10 min.

Option:

Use other greens such as Swiss chard, turnip or beet greens, collards, spinach. Parboiling results in some loss of vitamins but is necessary with kale to remove bitterness. Other greens may not require this step.

Helene Janzen, Elbing, Kan.

**Salsify is a white root vegetable.
The all-salsify version
of this dish
is called "mock oyster scallop"
in Pennsylvania Dutch country.**

.....
**Salsify-Carrot
Casserole**

Serves 6

350°

35-40 min.

Preheat oven to 350°.

Combine:

- 3 c. cooked mashed carrots
and salsify**
- 1 c. cracker crumbs**
- 2 c. milk**
- 2 T. grated onion**
- 3 T. melted margarine**
- 3 eggs, slightly beaten**
- salt and pepper**

Bake in casserole 35-40 min.

Option:

All carrots or all salsify may be used, but
the combination is delicious.

Ann Huber, Lancaster, Pa.

**Squash flowers are a delicacy
in many parts of the world
when blossoms are
plentiful enough to predict
an ample harvest.
Hopi, Pueblo, and Zuni Indians
enjoyed their crisp, light texture.**

.....
**Fried Squash
Blossoms**

Serves 6

Wash carefully and drain:

- 12 large squash blossoms**
(pick when blossoms are just
ready to open)

Make batter:

- 2 eggs, beaten**
- 1 c. flour (may use $\frac{1}{3}$ or more
soy flour)**
- 1 c. water**
- 1 t. salt**
- $\frac{1}{4}$ t. cayenne**
- $\frac{1}{2}$ t. tumeric**

Heat in heavy saucepan:

- $\frac{1}{2}$ -1 c. oil**

Dip blossoms in batter until well coated,
then fry in hot fat (375°) until golden
brown. (Takes less than a minute for
each.) Drain on absorbent paper and
serve warm.

LaVonne Platt, Newton, Kan.

**Vegetables may be cooked
an hour or two in advance
and need not be kept hot.**

**In Indonesia
the dish is served
at room temperature.**

.....
**Gado Gado
(Indonesian
vegetable platter)**

Serves 8

Vegetables:

Cook or steam each vegetable
separately just until crisp-tender:

- ½ small head cabbage, cut up**
- ½ lb. fresh green beans, cut or
French-style**
- 1 small head cauliflower, cut into
flowerets**
- 1 can or 2 c. fresh bean sprouts**
- 4 carrots, cut in small strips**
- other vegetables may be added
or substituted**

Drain vegetables, reserving stock for
peanut sauce.

Peel and quarter:

- 4 hard-cooked eggs**

Slice:

- 2 cucumbers**
- 6-10 radishes**

Peanut Sauce

Sauté in heavy saucepan:

- 3 T. oil**
- ½ c. finely chopped onions**
- 2 cloves garlic, minced**

Stir-fry until onions are soft and
transparent, not brown.

Add:

- 3½ c. hot water or vegetable stock**
 - 1 c. peanut butter (an additional
2 T. if chunky peanut butter
is used)**
 - 2 t. fresh chopped hot peppers,
or Tabasco sauce to taste**
 - 2 bay leaves**
 - 1 t. scraped, finely grated fresh
ginger root**
-

.....
Ratatouille

T·S

Serves 6-8

Combine in large saucepan:

- 1 medium eggplant, pared, cubed**
- 2 small zucchini, cubed**
- 1 c. finely chopped green pepper**
- 1 medium onion, finely chopped,
about ½ c.**
- 4 medium tomatoes, peeled and
quartered**
- ¼ c. salad oil**
- 1 clove garlic, crushed**
- 2 t. salt**
- ¼ t. pepper**

Cook and stir ingredients until heated
through. Cover, cook over medium heat,
stirring occasionally, about 10 minutes,
or until vegetables are crisp-tender.

*Mary Alderfer, Scottsdale, Pa.
Kathleen Kurtz, Richmond, Va.*

- 2 t. lemon juice**
- grated rind of one lemon**
- 1 t. salt**

Reduce heat and simmer for 15 minutes.
Taste for seasoning and set pan aside.
Group vegetables attractively on a large
platter or two, with a bowl of peanut
sauce in the center. Garnish platter with
eggs, radishes, and cucumbers. Serve
with hot rice.

Jean Miller, Akron, Pa.

*Mahsi recipe came with raves
(especially for the grape leaves)
from all around
the Mediterranean.*

*Developed in Algeria
to use
oversupply of pumpkin.*

**Mahsi
(Middle Eastern
Stuffed Vegetables)**

**Gemüse Eintopf
(one-dish
vegetable meal)**

T.S

Serves 6

325°

1½ hrs.

Serves 8

Preheat oven to 325°.

Prepare a variety of vegetables for stuffing:

**Tomatoes, bell peppers, zucchini,
small eggplant—**

Cut off tops, reserving lids. Clean out center seedy portions, reserving tomato pulp.

Leafy vegetables—

Cabbage and green grape leaves. Parboil 3 minutes to soften. Use newer grape leaves—old ones are tough. Four-inch size is needed to stuff easily. Prepare stuffing:

Brown in a skillet.

**½-1 lb. ground beef, pork,
or lamb**

1 large onion, finely chopped

3 cloves garlic, minced (optional)

Add:

½ c. minced parsley

1 c. uncooked rice

3 T. margarine or olive oil

1 t. salt

dash pepper

**2 c. tomato sauce plus any
reserved tomato pulp
fresh chopped mint and/or
dill to taste**

Taste to check seasonings. Fill hollowed-out vegetables $\frac{2}{3}$ full with rice mixture, replacing "lids."

For leaf vegetables, place 1 T. stuffing mix on each. Roll up loosely so rice can expand, folding in sides. May be fastened with toothpicks.

Place vegetables in baking dish, add water to $\frac{1}{4}$ " depth, and bake 1½ hours.

Combine in large kettle:

2 lbs. potatoes, cut up

2 lbs. turnips or carrots, cut up

**OR 1 lb. cooked pumpkin,
mashed**

2 onions, chopped

2 stalks celery, chopped

3 T. fresh or dried parsley

2 cloves garlic, minced

salt and pepper to taste

Add:

small amount of water

¼ c. margarine or other fat

Cook slowly until vegetables are tender.

When almost done, add:

**1 T. powder bouillon or 3 cubes
(dissolve in ¼ c. hot water)**

Serve as is, or put through food mill to form a thick puree.

Irene L. Bishop, Perkasié, Pa.

Options:

To cook on top of stove, place vegetables in a well-buttered skillet, add 2 c. boiling water or thin tomato juice, 2 T. lemon juice, and cover with a light-fitting lid. Bring to boiling and reduce heat to simmer. Cook 1 hour or until rice is tender.

Omit meat and increase rice and tomato sauce amounts.

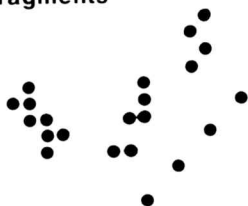
Carolyn Yoder, Cairo, Egypt

Louise Claassen, Elkhart, Ind. (Crete)

Esther Samuel Geladah, Atbara, Sudan

Gwen Peachey, Amman, Jordan

Gather Up the Fragments



1.

Collect bits of cooked vegetables in container in freezer, along with juices from cooking. Use to make soup. See p. 197.

2.

Whirl leftovers in blender and add to cream soup, gravy, stew, casseroles.

3.

Pour oil and vinegar dressing over cooked green beans, beets, carrots, broccoli, cauliflower, asparagus. Marinate in refrigerator and serve on lettuce or add to tossed salad.

4.

Heat leftover pickle juice and pour over leftover vegetables; chill and serve on pickle tray. See p. 258.

5.

Reheat several vegetables with onion, garlic, and tomato sauce. Add curry seasonings and serve on rice. Curry powder masks any leftover taste.

6.

Leftover corn does not reheat with much flavor; stir it into corn fritters, corn bread (pp. 78-79), or one of the corn soups (pp. 200-202).

7.

Using scorched vegetables: Remove from heat. Place in another saucepan. Add small amount of liquid, place slice of bread or toast on top to absorb burned taste from vegetable and resume cooking.

—Mae Holty, Roxbury, Pa.

8.

Recipes that take well to vegetable leftovers:

Vegetables Au Gratin, p. 220

German Potato Noodles, p. 232

Corn-Cheese Bake, p. 230

Corn-Squash Bake, p. 234

Puffy Green Bean-Cheese Bake, p. 221

Vietnam Fried Rice, p. 130

Many soup recipes



salads

Good cooks don't need many salad recipes. The best salads are simple collections of raw vegetables with only a light touch of dressing. Once you know how to put together the vegetables at hand, keep them crisp, and stir up an easy dressing, you can almost go on to the next chapter.

Too many salad recipes read like dessert: 2 boxes flavored sugared gelatin, sweetened canned fruit, marshmallows, nuts, and a whipped topping folded in. The first economy move would be to omit nuts; actually they are the single nutritious ingredient listed. Name these concoctions for what they are—expensive sweets. Serve them as desserts if at all.

Raw vegetable salads are more nutritious. But people still manage to go wrong by drowning their greens in sugary, orange stuff called French dressing. (Reportedly the French never allow it across their borders.)

Bottled salad dressings are expensive and high in fats and sugars. They contain enough preservatives to last forever in the door of your refrigerator. The glass bottles that go to waste may be worth more than their contents.

Homemade dressings are cheaper. With imaginative use of herbs and seasonings, they taste better than anything you can buy.

But beware the salad dressing recipe with $\frac{1}{2}$ to 1 cup of sugar. These formulas are everywhere, teaching people to expect a foretaste of dessert on their greens.

Develop gradually your household's taste for herbs, lemon, garlic, and the natural flavors of crisp raw vegetables.

Raw Vegetable Salads

1. If you raise nothing else edible, plant at least a salad garden. A double-bed-sized plot of scallions, herbs, greens, and tomato vines can keep salad on the table May through October.

2. Iceberg lettuce has few vitamins. Use other greens or mix it with endive, romaine, Boston Bibb, or raw spinach.

3. Wash greens, drain well, pat dry with a clean towel, and refrigerate in plastic bag or closed container. Excess water clinging to the leaves makes dressing turn watery and tasteless.

4. Tear greens into a salad bowl instead of cutting them. You can then make salad hours ahead of time, cover it with plastic, and refrigerate. Torn edges do not wilt and darken quickly.

5. Shake together a little oil and vinegar dressing (see p. 247).

6. Just before serving, add dressing, toss, and serve. Garnish salads with croutons, sliced hard-cooked eggs, sliced radishes or scallions, chopped parsley, peanuts, or toasted sunflower seeds. Use these touches rather than sweet dressing by the cupful to make salads appealing.

Sprouting Mung Beans

Across Asia tiny round green mung beans are a staple food. Baskets of slender white sprouted beans appear in vegetable markets from Japan to Indonesia, usually costing just pennies a crisp handful. North America knows this nutritious, delightful food only in its wilted and strong-flavored canned form, although now fresh bean sprouts are sold in some Western supermarkets.

Bean sprouts are easy to make at home without special equipment. Growing them makes an interesting project for a child. Results are quickly visible and harvest comes in four days.

Buy mung beans at a health food or Chinese grocery store. You'll pay more per pound than for other dry beans, but you need only $\frac{1}{3}$ c. to yield a quart of sprouts.

Use fresh sprouts in green salads, in sandwiches, or add to any stir-fried vegetable. Sprouts take only one to two minutes stir-frying. Don't cook longer or they'll wilt completely and lose their crunchy fresh flavor. See recipes on pp. 139, 159, 222, 249.

Sprouting method

1. Soak $\frac{1}{3}$ c. mung beans in water overnight.

2. Drain and place beans in a colander lined with a clean cloth (old dishtowel or pillowcase). Fold edges of the cloth down loosely over the beans and run warm water through everything.

3. Set colander in a pie pan to catch drips and place in a warm dark place. A cupboard over a stove or refrigerator, or a covered box near a radiator work well.

4. Three times a day for 3 to 4 days rinse several quarts tepid water through colander, cloth and all.

5. Sprouts are ready to eat on the fourth day, or sooner if they are $1\frac{1}{4}$ inches long. Remove them from the cloth and refrigerate in a covered

container. Yields about 4 to 5 cups.

6. Green hulls are good to eat. If you prefer to remove them, swish sprouts repeatedly in cold water, lifting them out and discarding hulls as they sink to the bottom.

Alternate Method

Put 2 T. soaked beans in each of several quart-size canning jars. Cover tops with cheesecloth, then screw on rings. Place jars on their sides in a warm dark place. Three times a day, run water in, swish beans, and pour off water. Circles cut to fit from metal screen can replace cheesecloth.

Alfalfa Sprouts

Use canning jar method as for mung beans, but soak only 2 tablespoons untreated alfalfa seed and use one jar. In one or two days when seed has sprouted, set jar in sunny window to develop deep green color as sprouts lengthen. Rinse regularly. Refrigerate when sprouts reach desired length, after 3 to 4 days. Use in salads or sandwiches.

▼ Salad Dressings

*Depending on cost
of oil and eggs,
this can run as high
as commercial mayonnaise.
Check prices.*

.....

Blender Mayonnaise

Makes 1 pint

Whirl in blender:

- 2 eggs**
- 1½ t. salt**
- 1 t. dry mustard**
- ½ t. paprika**

Clean down sides. Add:

- 2 T. lemon juice**

Start blender, remove cover, and very slowly pour in:

- ½ c. salad oil**

Add:

- 2 T. vinegar**

Slowly, with blender running, add:

- 1½ c. salad oil**

*Esther Hostetter, Akron, Pa.
Shara! Phinney, Elkton, Va.*

.....

Low-Cal Mock Mayonnaise

Makes about 1 cup

Shake in covered jar until smooth:

- ¾ c. skim milk**
- 2 T. flour**
- 3 T. sugar**
- ½ t. salt**
- ½ t. dry mustard**

Pour into saucepan and cook until thickened, stirring constantly.

Add:

- ¼ c. vinegar**

Use hot or cold as a substitute for mayonnaise. Just before using, stir in finely chopped onion and/or other herbs and seasonings to taste.

Makes 1¼ c.

Mary Slabaugh, Harrisonburg, Va.

*Costs about two thirds
as much as
commercial mayonnaise.*

.....

Cooked Mayonnaise

Makes 3 cups

Combine in saucepan:

- ⅓ c. flour**
- ⅓ c. sugar**
- 1 t. salt**

Add:

- ¾ c. water**
- ½ c. vinegar**

Cook over low heat, stirring until thickened. Remove from heat and pour into small mixing bowl or blender. While beating, add:

- 1 clove minced garlic (optional)**
- 2 whole eggs or 4 yolks**

Continue beating and slowly add:

- ⅔ c. salad oil**

Chill before serving.

Katie Swartzendruber, Wellman, Iowa

.....

Salad Dressings With Mayonnaise Base

Thousand Island

Combine:

- 1 c. mayonnaise
- ¼ c. chili sauce or ketchup
- 2 hard-cooked eggs, chopped
- 2 T. each finely chopped green pepper and onion
- 2 T. pickle relish (optional)
- 1 t. paprika
- ½ t. salt

Green Goddess

Combine:

- ½ c. mayonnaise
- ¼ c. sour cream or yogurt
- 2 T. lemon juice or vinegar
- 2 T. snipped chives
- 2 T. snipped parsley
- ¼ t. salt
- freshly ground pepper

Blue Cheese

Combine:

- 1 c. mayonnaise
- ¼ c. crumbled blue cheese
- 2 T. milk
- dash cayenne pepper

.....

Cooked Salad Dressing

Makes 2 cups

Combine in saucepan:

- ¼ c. sugar
- ¼ c. flour
- 2 t. salt
- 2 t. dry mustard

Add:

- 1½ c. milk
- ½ c. mild vinegar or lemon juice

Cook over low heat, stirring until thickened.

Stir at least half of the mixture into:

- 1 beaten egg

Return egg mixture to saucepan and bring to boil. Boil 1 minute. Remove from heat. Stir in:

- 1 T. butter or margarine

Cool.

Bonnie Zook, Leola, Pa.

***Tangy sweet-sour flavor
without being sugary.
Use on tossed salads.***

.....

Honey-Lemon Dressing

Makes almost 1 cup

Shake together:

- 2 T. honey
- ¼ c. lemon juice
- ½ c. oil
- salt, pepper and herbs to taste

Twila Strickler

.....

Fresh Fruit Salad Dressing

Makes about 1½ cups

Beat well:

2 eggs

Pour into saucepan. Add:

½ c. sugar

⅔ c. pineapple juice

1½ T. lemon juice

Cook over low heat, stirring constantly,
until thick. Chill.

Marian Franz, Washington, D.C.

*The simplest
of all salad dressings—
make it anywhere,
anytime by remembering
equal parts
oil and vinegar.*

.....

Basic Oil and Vinegar Dressing

Serves 6-8 on green salad

Shake together or combine in bottom of
salad bowl:

2 T. salad oil

**2 T. vinegar or lemon juice or
combination**

½ t. salt

**dash each freshly ground pepper,
dry mustard**

Add to taste:

pressed garlic

minced onion

oregano

basil

chopped parsley

chopped chives

poppy seeds

celery seeds

ketchup

honey

Winifred Paul, Scottsdale, Pa.

.....

Parsley Dressing

Makes 2 cups

Whirl in blender:

½ c. parsley, packed into cup

⅓ c. salad oil

¼ c. water

¼ c. honey

¼ c. lemon juice

2 t. basil

salt

½ c. chopped avocado (optional)

Use on greens or Chop Salad, p. 250.

Twila Strickler

*Contributor says,
"I haven't bought
any bottled dressing
since I found this recipe."*

.....

French Dressing

Makes 1⅓ cups

Shake, beat, or whirl in blender:

1 T. grated onion

1 t. salt

2 T. sugar

2 T. vinegar

½ c. salad oil

½ c. ketchup

2 T. lemon juice

1 t. paprika

Keeps well in refrigerator.

Esther Hostetter, Akron, Pa.

Grace Whitehead, Kokomo, Ind.

▼ Salads

*So simple,
and just right
with almost any main dish.
Contributor grew up
in France
and now lives in Indonesia.*

.....

French-Style Lettuce Salad

Serves 4-6

Wash, drain, and dry thoroughly:

½-1 head lettuce

Rub salad bowl with:

1 clove garlic, sliced

Add directly to salad bowl:

2 T. salad oil

1 T. wine vinegar

¼ t. salt

freshly ground pepper to taste

1-2 T. minced parsley

1 t. lemon juice (optional)

Mix well with salad spoon. Crisscross salad fork and spoon in salad bowl to keep lettuce from dressing until ready to serve. With hands, tear lettuce leaves and place over top of salad fork and spoon. Just before serving, toss thoroughly.

Cathy Bowman, Kotabumi, Sumatra

.....

Garden Salad

Serves 6

Combine in salad bowl:

½ c. shredded carrots

1 c. diced cauliflower

1 c. frozen peas, thawed

**OR 1 c. cooked chick-peas,
drained**

1 c. chopped celery

3 c. tomatoes, chopped

1 c. cucumbers, chopped

1 c. lettuce, chopped

½ c. roasted sunflower seeds

Toss and serve with Honey-Lemon Dressing, p. 246.

Twila Strickler

.....

Greens With Croutons

Serves 6

Sauté lightly or brown in the oven:

1½ c. cubed bread

2 T. oil or margarine

Set aside.

Add to the bottom of salad bowl:

2 cloves garlic, minced

½ t. salt

½ t. dry mustard

freshly ground pepper to taste

2 T. wine vinegar

¼ c. salad oil

Stir with back of spoon. Set bowl aside.

When ready to serve, add:

**5-6 c. fresh torn greens, using
spinach, endive, leaf lettuce,
romaine, or others as available
toasted croutons**

Toss and serve. Reserve a few croutons for topping, and add a sprinkle of Parmesan cheese if desired.

Eleanor Hiebert, Elkins Park, Pa.

.....
**Corn and Cabbage
Slaw**

Serves 6

Combine in salad bowl:

- 4 c. shredded cabbage**
- ½ c. chopped onion**
- 1-1½ c. cooked corn**
- ½ c. diced sharp cheese**
- 2 T. sliced black olives (optional)**
- 2 T. chopped parsley (optional)**

Combine for dressing:

- ½ c. cooked salad dressing or mayonnaise**
- 2 t. prepared mustard**
- ¼ t. celery salt**

Pour dressing over salad and toss.

Eleanor Kaufman, Newton, Kan.

.....
**Cucumber
Salad**

Serves 4

Place in a bowl:

- 1 large cucumber, thinly sliced**
- 1-2 T. finely cut fresh dill (use feathery leaves, not seeds)**

Combine in small bowl:

- 2 T. mayonnaise or sour cream**
- 1 T. vinegar**
- 2 T. oil**
- 1 t. salt**
- dash pepper**

Mix and pour over cucumber slices. Chill and serve.

*Irmgard Hildenbrand,
Rusinga Island, Kenya*

*Guaranteed
to tempt spinach-haters,
old and young.*

.....
**Sprouts
Salad**

Serves 6

Place in dry skillet:

- ½ c. sunflower seeds**

Toast by stirring over medium heat for about 3 minutes.

Combine in large salad bowl:

- 1 c. alfalfa or bean sprouts, loosely packed**
- 3-4 c. salad greens, torn into bite-size pieces**
- 6 or 8 radishes, sliced**
- ½ cucumber, sliced**
- toasted sunflower seeds**

Shake together for dressing:

- ¼ c. salad oil**
- 2 T. vinegar**
- ½ t. salt**
- freshly ground pepper**
- ½ t. garlic powder**

Pour over salad and toss. Garnish with:

- 1 or 2 hard-boiled eggs, sliced**

Eleanor Hiebert, Elkins Park, Pa.

.....
**Fresh Spinach
Salad**

Serves 6

Combine in large salad bowl:

- 1 qt. chopped fresh spinach**
- ½ c. chopped celery**
- 1 onion or 3 scallions, chopped**
- ¾ c. small Swiss cheese cubes**
- 3 hard-cooked eggs, chopped**

Combine in small bowl:

- ½ c. mayonnaise**
- 2 T. vinegar**
- ½ t. salt**
- ½ t. horseradish**
- ½ t. Tabasco, or dash cayenne pepper**

Just before serving, pour mayonnaise mixture over salad bowl and toss.

Carolyn Blosser, Akron, Pa.

*Good
served with boiled potatoes
in the jacket
and apple crisp
for dessert.*

.....
**Dandelion
Salad**

Serves 4-6

Gather dandelion very early in spring before buds develop. At this time of year other greens are expensive, so take advantage of it as a first fruit. With a small sharp knife gather entire plants; cut off leaves, wash carefully, drain, and chop into a bowl. Proceed as follows:

Hard-cook:

2 eggs

Cool and shell.

Fry in skillet until crisp:

2 slices chopped bacon

Remove bacon and drain. Leave 2 T. drippings in skillet.

Combine and add to skillet:

4 T. flour

1 t. salt

3 T. sugar

3 T. vinegar

1½ c. water or milk

Cook, stirring constantly, until sauce is smooth and thick. Pour sauce over:

4 c. chopped dandelion greens

Stir lightly to coat greens. Garnish with sliced hard-cooked eggs and bacon bits.

Options:

Add 1 egg, beaten, to dressing mixture before pouring into skillet. Increase liquid to 2 cups.

Replace dandelion with other chopped greens such as endive, spinach, oak-leaf lettuce.

*Martha Nafziger, LaCrete, Alta.
Ruth Eitzen, Barto, Pa.*

.....
Chop Salad

Serves 6-8

Combine in bowl:

1 c. finely chopped celery

1 c. chopped green pepper

½ c. sliced scallions or

chopped onions

1-2 c. diced tomatoes

1 c. chopped cucumbers

chopped chives (optional)

chopped parsley (optional)

2-3 T. vinegar or lemon juice

1 t. sugar

½ t. salt

dash freshly ground pepper

Stir thoroughly and chill. Serve as salad or as relish (chutney) with rice and curry.

Options:

Omit celery, green pepper, or cucumber if unavailable.

Omit last 4 ingredients and use Parsley Dressing, p. 247.

Twila Strickler

*Here is an easy way
to preserve cabbage
when heads begin to split
in the garden.
A large quantity
provides instant salad
for weeks.*

.....

**Refrigerator
Coleslaw**

T·S

Makes about 3 qts.

Chop in blender, or shred and cut finely:

- 2 large or 3 medium heads
cabbage**
- 2 stalks celery**
- 3-4 carrots**
- 1 onion**

Sprinkle generously with salt and set aside while making dressing. Before adding dressing, squeeze dry.

Dressing:

Combine in saucepan:

- 2 c. sugar**
- 1 t. salt**
- 1 c. vinegar**
- ½ t. pepper**
- 1-2 t. celery seed**

Bring to a boil. Remove from heat. When cool, add to cabbage. Mix well. Can be made in large amounts and stored in refrigerator or freezer. Keeps in refrigerator several months. Store in tightly covered containers.

Loretta Leatherman, Akron, Pa.

.....

**Deluxe
Coleslaw**

Serves 10

About 1½ hours before serving or early in day, remove and reserve 4-5 outer leaves from:

- 1 medium head cabbage**

Shred remaining cabbage to make 8 cups.

In large bowl toss gently:

- shredded cabbage**
- 1 green pepper, thinly sliced**
- ⅔ c. diced celery**
- ⅔ c. finely shredded carrots**
- ½ c. sliced radishes**
- 2 T. minced onion**

Combine for dressing:

- 1 c. mayonnaise or cooked
salad dressing**
- 2 T. milk**
- 2 T. vinegar or lemon juice**
- 1 t. sugar**
- ¾ t. salt**
- ¼ t. paprika**
- ¼ t. pepper**

Mix well. Pour over vegetables and toss gently. Cover and chill. When ready to serve, arrange coleslaw on reserved cabbage leaves.

Anne Weaver, Blue Ball, Pa.

**Contributor suggests
using any of the following:
cooked broccoli,
cauliflower, asparagus,
corn, peas, green beans,
and lima beans.**

Summer Night Salad

Dressing serves 6

Combine in bowl:

**variety of leftover cooked
vegetables
small amounts fresh garden
vegetables, cooked separately
just until crisp-tender
cooked diced chicken or ham
and/or diced cheese
1 hard-cooked egg per person,
diced
½ c. pecans, chopped**

Use favorite salad dressing or the
following:

**¼ c. mayonnaise
¼ c. cream
1 T. vinegar
1 t. salt
1 t. sugar**

Toss all ingredients lightly with dressing
and chill several hours. Serve on lettuce
garnished with colorful raw vegetables.

Rosa Mullet, Pantego, N.C.

Cauliflower Salad

Serves 6

Combine in bowl:

**2 c. diced raw cauliflower
½ c. sliced scallions
1 carrot, sliced
¼ c. salad oil
1½ T. lemon juice
1½ T. wine vinegar
1 t. salt
½ t. sugar
dash pepper**

Mix well. Chill before serving.

Option:

Add ¼ c. sliced black olives.

Esther Yoder, Topeka, Ind.

Israeli Supper

T.S

Put on the table in a bowl:

**cucumbers
tomatoes
onions
green peppers
hard-cooked eggs**

Give each person:

**salad bowl
scrap bowl
sharp knife**

Each person peels and chops his own
cucumber, tomato, and adds a bit of
onion and green pepper, then peels and
chops his hard-cooked egg over it. Add a
bit of salad oil, salt and pepper, and stir it
up. Eat with good homemade bread,
butter and jam, and hot tea. White
cheese and/or yogurt may also be
served.

Elizabeth Yoder, Bluffton, Ohio

.....

Taco Salad

Serves 6

Brown together in skillet:

- 1 lb. ground beef**
- 1 onion, chopped**

Remove from heat and stir in:

- 2 c. cooked kidney beans, drained**
- 1 t. salt**
- ½ t. pepper**

Combine in large salad bowl:

- 1 head lettuce, torn up**
- 2 large tomatoes, chopped**
- 3-4 tortillas, fried crisp and broken up**
- meat-bean mixture**

Toss together. Serve with Chili-Tomato Sauce, p. 145, as a dressing.

Options:

Omit meat. Add raw chopped onion and 1-2 c. grated cheese.

Arrange ingredients separately in bowls. Each person assembles their own salad.

A 5 oz. package corn or tortilla chips may be substituted for fried tortillas but will make the dish more expensive.

*Esther Kniss, Arcadia, Fa.
Bonnie Zook, Leola, Pa.*

.....

Beet and Apple Salad

Serves 6

Mix together:

- 2 c. cooked beets, diced**
- 2 c. raw apple, diced**
- 2 hard-boiled eggs, diced**

Add:

- ½ c. cooked salad dressing or mayonnaise**
- ¼ c. nuts**

Toss lightly. Serve on lettuce and garnish with chopped nuts and parsley.

Lena Brown, Grantham, Pa.

.....

Company Chicken Salad

Serves 12

Combine in large bowl:

- 4 c. cooked, diced chicken**
- 4 c. grated carrots**
- 4 c. finely chopped celery**
- 1 medium onion, chopped**

Toss with:

- 3 c. salad dressing or mayonnaise**

Chill. Just before serving, stir in:

- 2-3 c. shoestring potatoes (optional)**

Dorothy Yoder, Hartsville, Ohio

.....

Green Bean And Sprout Salad

Serves 6

Cook just until crisp-tender:

- 3 c. fresh French-cut green beans**

Drain and cool. Add:

- 1-2 c. fresh bean sprouts**
- ½ c. green onions, sliced**
- ½ c. celery, thinly sliced**
- 1 sweet red pepper, sliced**

Toss to mix. Combine separately:

- ¼ c. vegetable oil**
- 2 T. vinegar**
- salt, sugar, pepper, and herbs to taste**

Pour over vegetables, toss and chill 1-2 hours. Serve on lettuce, garnished with tomato wedges.

Author's Recipe

.....

Green Bean Salad

Serves 6-8

Combine in salad bowl:

- 3 c. cooked green beans, cut in
1" pieces**
- 4 hard-cooked eggs, chopped**
- 1 medium onion, diced**
- 1 large dill pickle, chopped**

Combine and pour over:

- 2 T. vinegar**
- 1 t. salt**
- 2/3 c. mayonnaise or cooked
salad dressing**

Stir gently, chill and serve.

Anna Petersheim, Kinzers, Pa.

*Goes well as one of several
dishes in a Chinese dinner
menu. Add a stir-fried
vegetable-meat dish, soup, and rice.*

.....

Chinese Chicken-Cucumber Salad

T.S

Serves 4-6

Cut or shred:

- 1 c. cooked chicken**

Peel:

- 2 cucumbers**

Cut in half lengthwise and scoop out
seeds; cut in strips.

Arrange cucumber strips on flat plate;
top with chicken. Cover and chill until
mealttime.

Combine and pour over chicken:

- 1/2 t. dry mustard**
- 1/2 t. salt**
- 2 T. vinegar**

Louise Lehman, Wapakoneta, Ohio

.....

Basic Three-Bean Salad

Serves 10-12

Use 2 c. *each* of three kinds of cooked,
drained beans. Choose an attractive
color combination.

- cut green beans**
- cut yellow wax beans**
- soy beans**
- red kidney beans**
- green lima beans**
- great northern or navy beans**
- chick-peas or garbanzos**

In large bowl, toss beans with:

- 1 medium onion, finely chopped**
- 1 medium green pepper, chopped**

Combine and pour over

- 1/2 c. salad oil**
- 1/2 c. vinegar**
- 1/2 c. sugar**
- 1 t. salt**
- 1/4 t. pepper**

Chill before serving. Improves with
marinating overnight or longer.

*Gladys Sweigart, Lancaster, Pa.
Karen Harvey, Leola, Pa.*

.....

Tabouleh (Middle East)

Serves 6-8

Pour 4 c. boiling water over:

- 1¼ c. raw bulgur wheat or
cracked wheat**

Let stand 2 hours, or until wheat is fluffy.

Drain well. Mix with:

- 1 c. cooked chick-peas
(garbanzos), drained**
- 1¼ c. minced parsley**
- ¾ c. minced mint**
- ¾ c. minced scallions, or 1 onion,
finely chopped**
- 3 tomatoes, chopped**
- ¾ c. lemon juice**
- ⅓ c. oil (preferably olive oil)**
- 1 t. salt**

Chill at least 1 hour. Serve on lettuce.

*Alice and Willard Roth, Elkhart, Ind.
Helen King Stork, Ventura, Calif.*

.....

Main-Dish Tuna Salad

Serves 6-8

Cook and drain as directed on package:

- 7 oz. noodles, spaghetti rings,
or macaroni**

Cook, drain, and cool noodles or spaghetti.

Combine in large mixing bowl:

- cooked pasta**
- 1 7-oz. can chunk tuna**
- 1 c. chopped celery**
- ½ c. finely chopped scallions
with greens**
- ½ c. chopped sweet pickles**
- 3 hard-boiled eggs, chopped**
- ½ c. mayonnaise**
- 2 T. sweet pickle juice**
- 1 T. prepared mustard**
- ½ t. salt**
- dash pepper**

Chill and serve on lettuce leaves.

Sprinkle with paprika.

Rosemary Moyer, North Newton, Kan.

.....

Soybean Salad Special

Serves 5

Combine in salad bowl:

- ½ head lettuce, torn in bite-size
pieces**
- 1½ c. cooked soybeans, drained**
- 1 fresh orange, peeled and diced**
- 2 T. chopped onion or scallion**

Combine in a jar and shake:

- ¼ c. oil**
- 1 T. lemon juice**
- 1 T. vinegar**
- ¼ t. dry mustard**
- 1 T. honey**
- 1 T. orange juice**
- ½ t. sugar**
- ¼ t. salt**
- ½ t. paprika**

Pour dressing over salad ingredients
and toss lightly.

Option:

Mix dressing in advance and pour over soybeans. Marinate several hours or overnight. Then add lettuce, orange and onion; toss and serve.

Mary Lou Houser, Lancaster, Pa.

*A gorgeous summertime salad—
bring with crusty
fresh bread
to an outdoor table.*

.....
**Salade
Nicoise**

Serves 5-6

Prepare in advance and chill in separate containers:

- 3 c. potato salad (omit hard-cooked eggs)**
- 3 c. fresh green beans, cooked exactly 5 minutes and drained**
- 3-4 tomatoes, quartered**
- 1 head Boston or other leaf lettuce, separated, washed and drained**
- 3 hard-cooked eggs, peeled and quartered**
- 1 c. Basic Oil and Vinegar dressing with herbs and garlic**
- 2-3 T. minced fresh herbs such as chives, parsley and dill**

Also chill:

- 1 7-oz. can tuna**

Shortly before serving:

—Season green beans and tomatoes with 2 T. each of prepared dressing.
—In salad bowl, toss lettuce with 2 T. dressing, then arrange leaves around bottom and outside of bowl.
—Place potato salad in bottom of the bowl on lettuce. Arrange green beans, tomatoes, eggs, and drained tuna in an attractive design on top of potato salad. Pour remaining dressing over all, sprinkle with herbs, and serve immediately.

Author's Recipe

.....
**Lettuce-Tomato
with Beef**

Serves 4-6

T.S

Stir together and set aside:

- ¼ lb. beef, sliced paper thin (use chuck or round steak)**
- ½ medium onion, grated or crushed**
- 2 cloves garlic, crushed**
- ¼ t. salt**
- dash pepper**
- ½ t. sugar**
- ¼ t. monosodium glutamate**

Arrange on platter:

- 1 head Boston Bibb lettuce leaves**
- 2 tomatoes, sliced**
- 1 cucumber, sliced**

Place tomatoes and cucumbers on lettuce leaves, leaving well in the center for meat.

Combine dressing in bowl and set aside:

- ½ onion, chopped**
- 3 T. vinegar**
- 3 T. oil**
- ½ t. salt**
- dash pepper**
- 1½ T. sugar**

Heat in skillet over high heat:

- 1 T. oil**

Add marinated beef and stir-fry quickly just until beef loses red color (about 1 min.). Put beef in "well" on salad platter. Add 1 T. water to skillet, swish, and pour into dressing. Stir and pour over meat and vegetables. Serve with rice.

Mary Martin, Saigon, Vietnam

Vietnamese cooks cut beautiful cabbage salads without a grater. Here's how: remove leaves from head one by one. Lay several together and roll up tightly. Lay roll on board and slice across as thinly as possible with very sharp knife. Surprisingly fast, and yields a dish completely different from the usual shredded affair.

Complete the meal with a light soup and whole grain bread.

Cabbage and Pork Salad

Greens, Peas'n' Cheese Salad

T.S

Serves 4

Serves 5-6

Mix together in large bowl:

- ½ head cabbage, cut in long, slender pieces (see above)
- 2 carrots, grated

Add:

- ¼-½ lb. pork, boiled and thinly sliced
- several sprigs fresh dill and mint, chopped

Mix thoroughly.

Combine in small bowl:

- 1 T. soy sauce
- 3 T. sugar
- 3-4 T. vinegar
- 2 t. lemon or lime juice

Pour over salad mixture and toss well. Just before serving, sprinkle over the top of the salad:

- ¾ c. roasted peanuts, salted and chopped

Eat with hot rice or as a salad accompaniment to soup or stew.

Option:

To serve as main dish with rice, garnish with hard-cooked egg and tomato wedges.

Have ready:

- 4-6 c. bite-size greens (lettuce, spinach, endive)
- 1 small onion, thinly sliced
- 2 c. cooked peas
- 4 oz. Swiss cheese, julienne strips
- 6 T. cooked salad dressing or mayonnaise
- 2 t. sugar
- 2 slices bacon, fried crisp and crumbled OR equivalent soybean-based bacon substitute

In large salad bowl, place half the greens, onions, peas, cheese; sprinkle with 1 t. sugar. Dot with 3 T. mayonnaise. Repeat layers. Cover and refrigerate 2 hours. Add bacon and toss just before serving.

Mary Lou Houser, Lancaster, Pa.

Tran thi Kim Trinh, Quang Ngai, Vietnam

.....

**Dilled
Onions**

Makes 2 cups

Place in bowl:

**6 white onions, sliced into
thin rings**

Combine in saucepan and heat:

½ c. sugar

2 t. salt

¾ t. dill seed

½ c. white vinegar

¼ c. water

Bring mixture to a rolling boil. Remove from heat and pour over onions. Let stand until cool. Store in refrigerator.

Miriam E. Shenk, Migori, Kenya

*If dill pickles
disappear at your house,
so will these
interesting additions
to a relish tray.*

.....

**Dilled
Carrot Sticks**

Makes 2 cups

Simmer until not quite tender:

**6-8 carrots, cut in sticks
small amount salted water**

Drain carrots. Pour over:

**leftover brine from 1 qt. dill
pickles**

Heat just to boiling. Cool. Keeps in refrigerator several weeks.

Iona Weaver, Collegeville, Pa.

.....

**Dried
Apple-Cranberry
Relish**

Makes 6 cups

Combine in saucepan:

8 oz. dried apple slices

2½ c. water

Bring to boil, reduce heat, and simmer covered 10 minutes. Pour into bowl.

Combine in same saucepan:

2 c. fresh cranberries

¾ c. light brown sugar or honey

1¼ c. water

Bring to boil and cook until cranberries have popped. Add cooked apples and simmer 10 minutes, stirring occasionally. Chill.

Catherine Mack, Ardmore, Pa.

.....

Gazpacho

Serves 4

Combine in bowl:

**1 c. peeled tomatoes,
finely chopped**

½ c. finely chopped green pepper

½ c. chopped celery

½ c. chopped cucumber

¼ c. chopped onion

2 t. snipped parsley

1 t. snipped chives

1 small clove garlic, minced

3 T. wine vinegar

2 T. salad oil

1 t. salt

¼ t. freshly ground pepper

½ t. Worcestershire sauce

3 c. tomato juice

Chill. Serve as an appetizer or cold soup.

Option:

Gazpacho relish: omit tomato juice.

*Marian Franz, Washington, D.C.
Beverly Ehst, Ambler, Pa.*

.....

Rhubarb Salad

Serves 8

Cook together:

- 3 c. finely cut rhubarb**
- ½ c. sugar**
- ¼ t. salt**
- ⅓ c. water**

Add:

- 2 3-oz. pkgs. strawberry gelatin**
- 1 c. finely chopped celery**
- 2¼ c. water**
- 1 T. lemon juice**
- ½ c. chopped nuts**

Chill until firm.

*Virginia Ebersole, Landisville, Pa.
Mona Sauder, Wauseon, Ohio*

*Use frozen cranberries
and the salad
will congeal quickly.*

.....

Blender Cranberry Salad

Serves 6

Combine in small saucepan:

- 1 envelope unflavored gelatin**
- 1 c. cold water**

Warm over low heat until gelatin dissolves.

Combine in blender container:

- 2 c. cranberries**
- 1 unpeeled orange, seeded and quartered**
- 1 apple, cored and quartered**
- ½-¾ c. sugar or honey**

Pour dissolved gelatin into blender.

Blend only until orange peels are well chopped. Add:

- ¼ c. nuts (optional)**

Chill until firm.

Options:

Omit gelatin and water and serve as a relish.

Use food grinder in place of blender to chop fruits.

.....

Soybean Salad

Serves 4

Combine in bowl:

- 1½ c. cooked soybeans, drained**
- ½ c. diced celery**
- ½ c. diced carrots**
- 1 t. minced onion**
- ½ c. diced cheese**
- 2 hard-cooked eggs, diced**
- ¼ c. chopped sweet pickles**

Cover and chill thoroughly.

Combine by stirring French dressing slowly into mayonnaise:

- ½ c. French dressing (see p. 247)**
- 1 T. mayonnaise**

Pour over salad, toss, and chill 1 more hour or longer.

Clara Breneman, Waynesfield, Ohio

.....

Tangy Carrot-Pineapple Mold

Serves 6

Drain, reserving juice:

- 1 c. crushed pineapple**

Dissolve and chill until slightly thickened:

- 1 3-oz. pkg. orange gelatin**
- 1 c. boiling water (include reserved pineapple juice)**

Fold in:

- 1 c. plain yogurt**
- crushed pineapple**
- 1 c. grated carrots**
- 1 t. lemon juice**

Pour into mold and chill until firm.

Unmold and serve on bed of lettuce.

Option:

Replace orange gelatin with lime; replace pineapple and carrots with canned grapefruit sections.

Rosemary Moyer, North Newton, Kan.

desserts, cakes, and cookies

Traveling in India we could toss banana peels out of the bus window without concern for littering. Momentarily a goat or a cow would wander past and dispose of the peel in a single gulp.

One day two small children retrieved the banana peels our family discarded. The girl, about eight years old, wore a ragged saree. Her little brother of four or five was clad only in an oversize shirt. They were not beggars but watched for banana peels because they saw me coming from the fruit stand. As four peelings landed on the dusty road the children pounced.

The girl brushed dirt from the peels. She handed all the peelings to her brother, pulled a grimy square cloth from the folds of her saree and smoothed it out carefully beside the road. She and the boy sat down.

Meticulously, the girl pulled the soft portion of each banana peel away from the outer skin and placed it on the cloth. The outer tough portions she tossed aside. She gave half to her brother. They began to eat.

Whoever says that hungry people eat like animals when they have the chance did not see that Indian girl serve banana peels to her brother.
—LaVonne Platt, Newton, Kan.

Our biggest area of doing with less is desserts—we have them only occasionally.

—Janet Landes, Phoenix, Ariz.

I use less sugar in my cookies and coffee cakes than the recipes call for. I cut the amount of sugar by $\frac{1}{4}$ to $\frac{1}{2}$. My children don't even notice the change. Cookies don't last any longer.

—Marianne Miller,
Topeka, Kan.

I have been using $\frac{1}{3}$ less sugar in all ice cream, cookies, brownies, pudding, and pie recipes and haven't ruined anything yet.

—Pauline Wyse,
Mt. Pleasant, Iowa

Sugar never was good for us. This fact seems to be rediscovered whenever the price goes up. We've long been aware of sugar's role in tooth decay, diabetes, and obesity. Recent research adds that excessive use of sugar can lead to premature atherosclerosis.

North Americans have each been eating 100-plus pounds of sugar yearly since the 1930s, except for a sharp decline during war-shortage sugar rationing in the early 40s. But back in 1880, 30 pounds a year was average. In those days white sugar was a luxury item brought out only for company, according to Laura Ingalls Wilder's *Little House* books. In *Farmer Boy*, Mother's parting call to her children as she leaves for a week to visit relatives is, "Don't use up all the sugar!"

One cannot condone some of the interests which send up the price of

sugar. We reap certain blessings, however, when its cost is high in comparison to other foods. When sugar is cheap, it replaces more costly and nutritious ingredients in processed foods. Manufacturers are loathe to divulge to the public how much sugar is added to their products.

Much land now devoted to sugar should be used for other crops yielding proteins, vitamins, and minerals. Eating less sugar is one way of conserving world food resources.

A dessert is (almost by definition) a food containing sugar. But before getting into dessert recipes, let's remind ourselves that not all meals require a sweet ending. The daily dessert habit is firmly entrenched in North America, but not with most other peoples. In many countries sweets are used for celebrations only, not to top off everyday meals.

Mary Alene Miller, Obihiro, Japan, writes, "We usually eat fresh fruit after the evening meal. About once a week we have desserts—when guests are here or for other special occasions." Ann Zook, Americus, Ga., says, "I have grown to appreciate a much simpler way of cooking and have reached a point of preparing a guest meal without a dessert."

Fruit, with its natural sweetener, is the perfect dessert. People protest that fresh fruit is too expensive. This is true in certain seasons and localities. But if good oranges, for example, are a dollar a dozen, it will cost fifty cents to serve six people an orange each for dessert. You can hardly bake a cake or buy ice cream for six for that price. Any dessert concocted of gelatin,

whipped topping, fruit, and graham cracker crumbs will run closer to a dollar. Add up the cost of a favorite snack or dessert recipe before concluding that fresh fruit is out of reach.

What is an economical dessert?

I read somewhere that economical cooking means nutritious cooking. Therefore fresh fruit or a dessert with milk and eggs is most economical since it provides the most nutrition.

—Elsie Epp, Marion, S.D.

What will this food do for us? is the question to ask. If dessert only adds more calories, better to be old-fashioned and tell everyone to have another slice of bread. It's cheaper and more nutritious.

Use milk, egg, and cheese desserts to good advantage with low-protein meals. For example, vegetable soup made with a bone or two doesn't really have much protein. Finish the meal with cheesecake, a rich dessert high in complete protein that goes well with a light meal. But you don't need cheesecake after roast beef, gravy, mashed potatoes, and corn.

Puddings, traditional fruit moos, cobblers, and crisps are good to round out light lunches and suppers. Yogurt and fruit is a perfect high-nutrient, low-calorie dessert. Made at home, yogurt is also economical.

What about the mixes?

Cake mixes are usually as cheap as home-baked cakes, unless you get your staples in quantity at a good price. If a cake-mix type cake is what you like, costwise they're acceptable. At our house we prefer not to have cake very often. With some patience my husband has convinced me that mix-made cakes are dusty—his description—and fairly worthless as a food. When we have cake we enjoy a moist, home-baked product that includes applesauce, dates, nuts, rolled oats, carrots, coconut, or some other texture and flavor in addition to just sweetness.

Most other dessert mixes are grossly overpriced. Stick to simple desserts and stir up your own.

Honey, corn syrup, and molasses

Honey is the only natural sweetener not refined with chemicals. It is high in calories, but doesn't yield most of the other harmful effects associated with refined sugar. The problem with honey is that it is too expensive to replace a heavy sugar habit unless you keep bees yourself. Better economy is cutting down on all sweets.

Keep some honey on hand for subtle sweetening on cereal, breakfast toast, or in salad dressings. Use it in desserts such as custards or cheesecakes which call for small quantities of sweetener. Baking cakes or cookies with honey, however, becomes very expensive. Since these products depend on sugar for structural qualities, you need specially developed recipes or the results will be heavy. If you are lucky enough to have a cheap source of honey and would like to experiment, see Appendix III, Substitutions.

Cup for cup, corn syrup and molasses will not yield as sweet a

product as honey. Corn syrup has little nutritional advantage over sugar. Dark molasses contributes usable amounts of iron and calcium. Too often molasses is more expensive than sugar, when actually the reverse ought to be true because molasses takes less refining than sugar.

More with less sugar

Use less sugar and you will notice subtle sweetening qualities in other foods. Last Christmas I discovered that the filling in date bars needs no added sugar—flavor is enhanced without it! Canned and frozen fruits need some sugar for texture and preservation, but cut down on the amounts and learn to enjoy the tart fruit flavor. Unsweetened canned pineapple is now on grocery shelves and is a taste delight compared to the typical syrupy canned fruits we have come to expect.

Be forewarned! The recipes in this chapter are not very sweet. Many came in with reduced sugar amounts and some we reduced further. But our testers still gave them good ratings. Typical comment was, "Recipe calls for $\frac{3}{4}$ cup sugar. I made it a second time with only $\frac{2}{3}$ cup and it still disappeared quickly. Half a cup would be enough." With sugar, when half a cup is enough, you get more with less.

Making Yogurt

Yogurt is simply milk jelled to a pudding consistency by certain acid-forming bacteria growing in it.

Yogurt is made from sweet milk, not sour, but has a characteristic sour taste that blends lusciously with the natural sugar of fruit. Mary Kathryn Stucky, a yogurt enthusiast

who makes a gallon at a time for a family of four, writes, "Yogurt is something a person has to learn to like. Once you develop the taste for it, you will hate to be without." Yogurt is for people who enjoy tart flavors.

Yogurt is a dairy dessert without the added fats, sugars, and calories of ice cream. Essentially it contains the same calories, proteins, minerals, and other nutrients as milk. It may be made from whole or skim milk. Yogurt bacteria is friendly to the digestive tract, and leaves you with a good feeling of having eaten something light, tasty, and satisfying.

Yogurt is almost as cheap as milk if you make your own, but more expensive than ice cream if you buy it. Since it's easy to make, the advantages are all with home production.

Here is a method:

1. Scald utensils to be used with boiling water.

2. Prepare the milk. Start with 1 quart. Use raw, pasteurized-homogenized, dry, or evaporated milk, or follow recipe on page 264. Fresh milk should be brought up to 180°. Use a candy thermometer and watch closely so it doesn't boil over. Cool milk to 110°. If using dry or evaporated milk, reconstitute with warm water. If using skim or nonfat dry milk, add at least a little whole milk for a thicker culture.

3. Add the starter. Buy one container of plain commercial yogurt. Stir $\frac{1}{4}$ to $\frac{1}{3}$ cup yogurt into 1 cup prepared milk, then add this to remaining warm milk and stir or shake briskly. Or buy yogurt starter at a health food store and follow directions. Pour milk into scalded jars and fasten lids loosely.

4. Incubate the mixture at 110-120° by any of these methods:
—Use a yogurt maker.
—Set jars into styrofoam ice chest. Fill chest with warm water (110-120°) to top of jars; cover. Add warm water as needed within next few hours to keep temperature up.

—Set jars into warm oven and turn off heat. Leaving oven light on may be exactly the right temperature. Check with thermometer.

—Set jars on rack in large pan of warm water on the stove; occasionally turn heat on briefly. Or set pan over pilot light.

—Set jars in pan of warm water, cover, and wrap all in a blanket.

—Set jar under tea cozy near radiator or heater.

5. Check consistency. Yogurt should not be moved while it is setting. Check in 2 to 3 hours, and every half hour after that. Usually 3 to 6 hours is needed for junket-like consistency. Refrigerate. Save $\frac{1}{4}$ cup to start next batch. Yogurt stays tasty in the refrigerator 1 to 2 weeks.

6. Serve yogurt

—with any fresh, frozen or canned fruits

—blended with frozen orange, grape, or pineapple concentrate (see Yogurt Popsicles, p. 313)

—with honey or molasses

—sprinkled with wheat germ or granola

—as a low-calorie sour cream substitute in salads, salad dressings, casseroles, or on baked potatoes

—accompanying hot, spicy dishes, especially curries

Always add fruit, sugar, or honey to yogurt with a folding motion. Stirring or beating breaks down the gel.

When introducing yogurt for the first time, be a little generous with the sweetener. Once people have acquired a taste for it, they will enjoy the tangy flavor for its own sake.

When you spoon yogurt out of its container, there is often some watery separation. This does not affect the taste, but to avoid it entirely, stir one envelope unflavored gelatin into $\frac{1}{4}$ c. cold water, warm to dissolve, and stir well into 1 qt. yogurt. Chill. Use this method to salvage a batch that won't thicken properly.

▼ Desserts

See pp. 262
for detailed method.

Yogurt

Makes 2 qts.

Combine in large bowl:

3 c. powdered milk

6 c. warm water

Stir well. Add:

1 can evaporated milk OR

1½ c. scalded whole milk

Combine separately:

¼-½ c. yogurt

1 c. milk from the bowl

Blend until smooth and return to remaining milk. Mix well. Pour into clean jars. Incubate at 110-120° until set. Refrigerate.

Mary Lou Houser, Lancaster, Pa.

Mary Kathryn Stucky, Burrton, Kan.

Marcia Beachy, DeKalb, Ill.

Quick Chocolate Pudding

T.S

Serves 4-6

Combine in heavy saucepan:

⅓ c. sugar or honey

2 T. cornstarch

2 T. cocoa

2 c. milk

Cook over low heat until thickened, stirring constantly.

Add:

1 t. vanilla

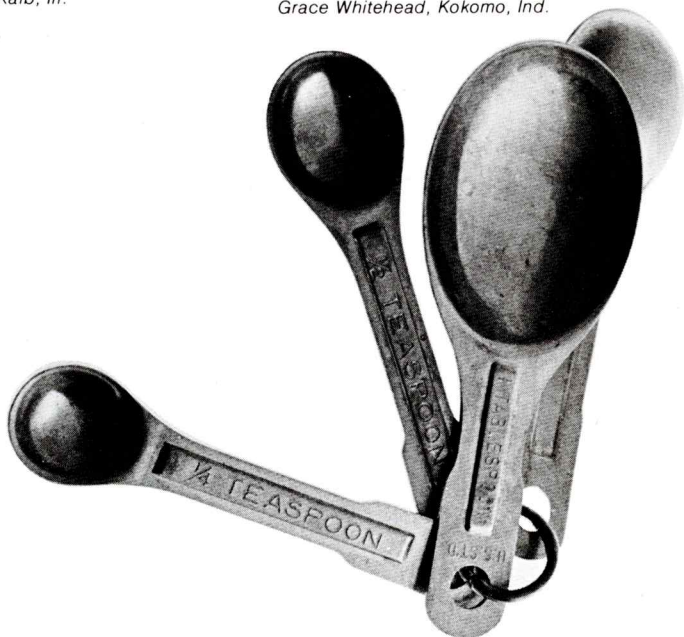
1 T. margarine (optional)

Serve warm or cold.

Option:

Stir in ¼ c. peanut butter. Omit margarine.

Grace Whitehead, Kokomo, Ind.



Fluffy Vanilla Pudding

T.S

Serves 4-6

Combine in heavy saucepan:

$\frac{2}{3}$ c. dry milk solids

$\frac{1}{4}$ c. water

Add:

$1\frac{1}{2}$ c. hot water

Place saucepan over low heat.

In small bowl, beat together with fork or wire whisk:

$\frac{1}{4}$ c. sugar

$2\frac{1}{2}$ T. cornstarch

$\frac{1}{4}$ t. salt

2 egg yolks (reserve whites)

$\frac{1}{4}$ c. water

Pour egg mixture into hot milk, stirring constantly until thickened. Cook 2 minutes over low heat. Remove from heat and add:

1 t. vanilla

1 T. margarine (optional)

Cool pudding 10 minutes.

Fold in:

2 stiffly beaten egg whites

Options:

Use 5 T. flour to replace cornstarch.

Make pudding in double boiler; takes longer but doesn't require constant stirring.

Serve with fruit.

Use for cream pies; instead of folding in egg whites, reserve for meringue.

Serve with waffles and fruit.

Layer into serving dish with graham cracker crumbs and sliced bananas.

Add 3 T. cocoa to egg yolk mixture; increase sugar to $\frac{1}{3}$ c.

Margot Fieguth, Mississauga, Ont.

Mary Kathryn Yoder, Garden City, Mo.

Carol Smith, Mechanicsburg, Pa.

Company Pudding

Serves 6-8

425°

10 min.

Prepare one recipe Fluffy Vanilla Pudding, increasing cornstarch to 3 T. Preheat oven to 425°.

Crumble together in a bowl:

$\frac{1}{3}$ c. brown sugar

$\frac{1}{2}$ c. whole wheat or white flour

$\frac{1}{2}$ c. rolled oats

$\frac{1}{2}$ t. cinnamon

$\frac{1}{3}$ c. soft margarine

Press two thirds of the mixture into a 7x11" baking pan. Place remaining crumbs on a pie pan. Bake both pans 5-10 minutes, or until brown. Cool.

On top of crust in 7x11" pan, spread thin layer of one of these:

applesauce

chopped dates cooked in small amount water until thick

drained peaches

sliced bananas

Top with pudding. Sprinkle over remaining toasted crumbs.

Chill at least 3 hours before serving.

Margot Fieguth, Mississauga, Ont.

*The humble breakfast cereal
makes a lovely dessert.
Grandmother unmolded this
pudding into a shallow serving
bowl and surrounded it with
cooked raspberries or
homemade grape juice.*

.....
**Cream of Wheat
Pudding**

Serves 6

Bring to boil in heavy saucepan:

2 c. milk

Add slowly, stirring constantly:

1/3-1/2 c. cream of wheat

Cook until thickened, about 5 minutes.

Combine and beat until light:

2 egg yolks (reserve whites)

1/3 c. sugar

pinch salt

Add slowly to cream of wheat, stirring constantly. Cook 2 minutes. Remove from heat and add flavoring:

**1 t. vanilla, vanilla and lemon
extract blended, or almond
and lemon**

Beat until stiff:

2 egg whites

Fold into pudding. Pour into serving bowl or mold. Chill thoroughly. Serve with strawberries or raspberries.

Helen E. Regier, Newton, Kan.

*Traditionally, moos
is served with fried ham
and potatoes,
or as a dessert;
it also makes
a good light meal
accompanied simply
by fresh bread
and butter.*

.....
Fruit Moos

Serves 6

Moos, a Russian Mennonite dish, is a fruit soup made from fresh, canned, frozen, or dried fruits. Traditional *plume moos* uses raisins and prunes. Tart, flavorful fruits are best; try fresh or canned sour cherries, apricots, peaches, rhubarb, apple-blackberry, or gooseberry. Dried fruits should be covered with boiling water and allowed to soak overnight.

Heat in heavy kettle:

1 qt. fruit in syrup

**3 c. additional water and/or milk
(if available, use 1 c. cream)**

1/2 c. honey or sugar

Cook slowly until fruit is soft. Combine in small bowl:

4-5 T. flour

**additional honey or sugar if
needed (check sweetness
of fruit)**

1 c. milk or cream

Mix to a smooth paste. Dip out some hot fruit and stir into the paste; then slowly pour mixture back into the fruit, stirring constantly. Continue cooking over low heat until thickened. Serve warm or cold. For large quantity, use 1/2 c. flour to 1 gal. liquid.

Stein Goering, Gillingham, Wis.

.....

**Baked
Custard**

Serves 4

325°

50 min.

Preheat oven to 325°

Mix together:

$\frac{2}{3}$ c. dry milk solids
 $\frac{1}{4}$ c. sugar or honey (add honey
after dry milk and water
are combined)
few grains salt

Add slowly and stir until smooth:

2 c. water

Mix in:

2 eggs, slightly beaten
1 t. vanilla

Pour into 4 custard cups. Sprinkle with nutmeg. Set in flat pan containing 1" hot water. Bake 50 minutes or until knife inserted near edge of custard comes out clean.

Options:

Add $1\frac{1}{2}$ -2 c. cooked rice and $\frac{1}{2}$ c. raisins before baking. Serves 6-8.

Add $\frac{2}{3}$ c. coconut before baking.

Miriam LeFever, East Petersburg, Pa.

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**Pumpkin
Custard**

Serves 4-6

350°

45 min.

Preheat oven to 350°.

Combine in mixing bowl:

$1\frac{1}{2}$ c. cooked, strained pumpkin
 $\frac{2}{3}$ c. brown sugar
3 eggs, beaten
 $1\frac{1}{2}$ c. scalded milk
1 T. cornstarch
1 t. cinnamon
 $\frac{1}{2}$ t. ginger
 $\frac{1}{4}$ t. each ground cloves and
nutmeg

Pour into buttered baking dish. Bake 45 minutes.

Nora Bohn, Goshen, Ind.
Linda Yoder, Hartsville, Ohio

Creamy Rice Pudding

Serves 6

Combine in top of double boiler:

¼ c. rice

2 c. milk

Cook uncovered 45 minutes or until rice is tender.

Beat together:

2 egg yolks (reserve whites)

¼ c. sugar

¼ t. salt

Stir some of rice mixture into beaten yolks; add yolks to hot rice mixture and cook 3-4 minutes, stirring constantly. Remove from heat and add:

1 t. vanilla

Beat until frothy:

2 egg whites

Add:

2 T. sugar

Beat until stiff. Fold egg whites into pudding. Chill and serve.

Options:

Place pudding in a baking dish. Spread beaten whites on top and brown delicately in the oven.

Add ½ c. raisins to pudding.

Special orange pudding: Add whites along with egg yolks. Stir in 1 t. grated orange rind. When chilled, blend in ½ c. cottage cheese.

*Carolyn Yoder, Grantsville, Md., in
Mennonite Community Cookbook*

Rice Pudding

Serves 6

275°

2-2½ hrs.

Preheat oven to 275°.

Combine in buttered baking dish:

4 c. milk, scalded

⅓ c. rice

⅓ c. sugar

¼ t. salt

**dash nutmeg, cinnamon, or
dried orange peel**

Bake 2-2½ hours, until rice is tender and milk is creamy. Stir occasionally during first half of baking time. Pudding thickens as it cools. Serve warm or cold.

Option:

One-half hour before removing from oven, add ⅓ c. raisins.

Edna Longacre, Barto, Pa.

Florence Ressler, Dalton, Ohio

Ella May Miller, Harrisonburg, Va.

Sugars

In icings, use up to 1/3 c. dry milk solids to 1 c. confectioners sugar.

In confectioners sugar icing I substitute flour for part of the sugar.

*—Pauline Wyse,
Mt. Pleasant, Iowa*

Applesauce Bread Pudding

Serves 8

350°

55-60 min.

Preheat oven to 350°.

Arrange in bottom of greased 9" square pan:

4 slices dry bread

Combine:

2 c. applesauce

1/2 c. raisins

1/4 c. brown sugar

1/2 t. ground cinnamon

Spread over bread. Top with:

4 additional slices dry bread

Beat together:

2 eggs

2 c. milk

1/2 c. brown sugar

1/2 t. vanilla

1/4 t. salt

dash ground nutmeg

Pour over bread. Top with:

1/2 c. applesauce

sprinkle of cinnamon-sugar

Bake 55-60 minutes. Serve warm or cold.

Miriam LeFever, East Petersburg, Pa.

Jamaican Baked Bananas

Serves 4-6

350°

25-30 min.

Preheat oven to 350°.

Peel and arrange in casserole:

4-6 bananas, sliced if desired

In saucepan, combine:

2 T. margarine

2 T. sugar

1 c. orange juice

Cook and stir about 1 minute. Combine:

2 T. cornstarch

1/4 c. cold orange juice

Add to hot mixture and cook until clear and thickened.

If desired, add:

1/4-1/2 c. raisins

Pour over bananas. Top with grated coconut. Bake 25-30 minutes at 350°.

Serve warm with custard sauce.

Option:

Simple baked bananas: Place 4 bananas in shallow buttered casserole. Drizzle over: 2 T. melted margarine, 2 T. honey, and 1/3 c. apple or orange juice. Sprinkle with cinnamon-sugar. Bake 20 min. at 350°. Serve warm.

Sarah Eby, Akron, Pa.

In Africa we seldom saw brown sugar. Missionaries gave me this recipe: To each cup of white granulated sugar, add 2 T. old-fashioned molasses. Stir well and store in airtight container. Excellent flavor in cookies or cake toppings, or on oatmeal. I make it since we're back because it's much cheaper and we like the flavor better.

—*Evelyn Fisher, Akron, Pa.*

Desserts

Banana Special: Peel a banana and cut in half lengthwise. Spread with peanut butter and press together. Place in dessert dish, sprinkle with cinnamon, and pour over slightly beaten evaporated milk.

—*Adele Mowere, Phoenixville, Pa.*

Fruit Dumplings

Serves 8

350°

45 min.

Prepare 2-3 c. finely chopped fresh fruit. Use apples, peaches, rhubarb, etc. Set aside.

Preheat oven to 350°.

Prepare 1 recipe biscuit dough, p. 72.

Roll dough into large rectangle on floured board. Cover thickly with fruit.

Sprinkle with cinnamon. Roll up like jelly

roll and cut into 1" rings. Place in greased 9x13" baking pan.

Combine in saucepan:

1 c. sugar

1 T. flour

1 c. cold water

Let come to a boil and pour over dumplings. Bake 45 minutes. Serve warm with milk.

Phoebe Coffman, Dayton, Va.

Apple Crisp

Serves 6

375°

35 min.

Preheat oven to 375°.

Combine and put in greased casserole:

3 c. sliced or chopped apples

1 T. flour

¼ c. sugar

1 t. cinnamon

½ t. salt

1 T. water

Cut together with pastry blender:

½ c. rolled oats

¼ t. salt

¼ c. margarine

⅓ c. brown sugar

Sprinkle on top of casserole mixture.

Bake 35 minutes.

Option:

Add ¼ c. peanut butter to rolled oats mixture. Reduce margarine to 2 T.

Verna Wagler, Baden, Ont.

Ruth Weaver, Reading, Pa.

Scalloped Rhubarb: Combine 3 c. cubed stale bread, ½ c. melted margarine, 2 c. diced rhubarb, and 1 c. sugar. Put 1 T. water in each corner of baking dish. Bake at 325° for 45 min.
—Judy Classen, Akron, Pa.

When a gelatin dessert or salad calls for 2 packages flavored gelatin, use one envelope unflavored gelatin for the second package. Fold in fruits or vegetables as usual. End product is less sweet and less expensive, but just as tasty.
—Iona S. Weaver,
Collegeville, Pa.

Baked Apples: Fill centers of cored apples with raisins or dates. Drizzle with honey and sprinkle with cinnamon and nutmeg. Add ½ inch water. Bake until tender, basting occasionally. To save fuel, cover and cook slowly on top of stove.

—F. Mabel Hensel,
Harrisburg, Pa.

Granola Apple Crisp

Serves 6

350°

25-30 min.

Preheat oven to 350°.

Place in greased 9" square baking pan:

**5 medium cooking apples,
peeled and sliced**

Combine:

½ c. flour

1 t. cinnamon

½ c. firmly packed brown sugar

1½ c. granola

½ c. margarine, melted

Sprinkle granola mixture over apples.

Bake 25-30 minutes. Serve warm or cold with milk.

Option:

Peach Crisp: Substitute 4 c. fresh or canned (drained) peach slices for apples.

Author's Recipe

Grandmother's Brown Betty

Serves 8

350°

45-50 min.

Combine in large bowl:

8 tart apples, sliced

½ c. raisins

½ c. honey

½ c. apple juice or water

¼ c. brown sugar

3 T. flour

1 t. cinnamon

Turn into greased 7x11" baking pan.

Combine in bowl:

½ c. quick-cooking rolled oats

½ c. whole wheat flour

½ c. wheat germ

½ c. shelled sunflower seeds

¼ c. honey

4 T. margarine

Mix well. Spread over apple mixture.

Bake at 350° for 45-50 minutes.

Anne Braun, Liberal, Kan.

Applesauce Pudding: Combine cookie or graham cracker crumbs with a little sugar and cinnamon. Layer alternately with applesauce into a glass serving bowl. Chill before serving.

—Ruth Gish, Mt. Joy, Pa.

.....
**Fruit
Crumble**

Serves 6

375°

25 min.

Preheat oven to 375°.

Place in buttered 8x8" baking dish:

**2½ c. fruit—cherries, or pared and
sliced apples or peaches**

Combine in bowl and mix to form
crumbs:

1 c. flour

1 egg

dash salt

½ t. cinnamon

½ c. sugar

1 t. baking powder

Sprinkle over fruit. Drizzle over:

¼ c. melted margarine

Bake 25 minutes.

Adele Mowere, Phoenixville, Pa.

.....
**Applesauce
Crunch**

Serves 4-6

375°

15/30 min.

Preheat oven to 375°.

Mix together:

2 c. applesauce

⅓ c. brown sugar

¼ c. raisins

½ t. cinnamon

Pour into 9x9" baking pan. Heat in oven
15 minutes.

Combine:

1 c. biscuit mix (see p. 68)

¼ c. sugar

Cut in:

3 T. cold solid margarine

Add:

¼ c. chopped nuts

Sprinkle over applesauce mixture and
bake until nicely browned.

Sharol Phinney, Elkton, Va.

Birchermüsli: Blend 2 c. yogurt, ½ c. raisins, ½ c. chopped nuts, 1 c. oatmeal, ½ c. sugar, 2 T. orange juice, 1 c. sliced fresh peaches, 1 c. sliced apples, 2 sliced bananas, ½ c. blueberries. Vary fruits according to availability.
—Elaine Sommers Rich in Mennonite Weekly Review

Yogurt Chutney: Blend 2 c. chilled yogurt; ¾ c. grated coconut, preferably fresh; 1 T. sugar or sweetened condensed milk; a few raisins, cashews, or walnuts. Serve as side dish or dessert with curry meal.
—Doris Devadoss, Calcutta, India

*Crust begins on the bottom and ends on top.
Consistency of cobbler varies depending on variety of fruit and amount of juice, but still tastes delicious.*

Quick Fruit Cobbler

Serves 6

350°

40 min.

Preheat oven to 350°.

Combine in bowl:

½ c. sugar
½ c. flour
½ c. milk
1 t. baking powder
¼ t. salt

Pour into 9x9" greased baking pan.

Add:

2 c. fruit—fresh, frozen, or canned

Bake for 40 minutes.

Jocelyne Meyer, Brooklyn, Ohio

Essie's Cobbler

Serves 6-8

350°

45-50 min.

Preheat oven to 350°.

Cream together in bowl:

¼ c. soft shortening
½ c. sugar

Combine separately.

1 c. flour
2 t. baking powder
¼ t. salt
½ t. cinnamon (optional)

Add dry ingredients to creamed mixture alternately with:

½ c. milk

Mix until smooth. Pour batter into greased 10x5" or 9x9" baking pan.

Spoon over:

2 c. drained fruit (reserve juice)
use peaches, berries, or cherries

Sprinkle with:

2-4 T. sugar

Pour over:

1 c. fruit juice

Bake 45-50 minutes. Serve warm with cold milk, whipped topping, or ice cream.

Esther Hostetter, Akron, Pa.

.....

Frozen Lemon Cream

Serves 9

Beat until stiff:

**1 can (1½ c.) evaporated milk,
thoroughly chilled**

Slowly add:

¾ c. sugar

Then add:

**3 T. lemon juice
grated rind of 1 lemon**

Beat until very stiff.

Roll into crumbs:

12 graham crackers

Put half of crumbs in bottom of 9x9" pan.
Pour in cream. Add remaining crumbs on
top. Cover tightly and freeze until ready
to serve.

Elmira Fry, Elizabethtown, Pa.

.....

Lemonade Sherbet

Serves 6

Pour into a freezer tray:

1 can (1½ c.) evaporated milk

Freeze until ice crystals form around the
edges.

While milk is in freezer, chill mixing bowl
and rotary beater.

Pour chilled milk into bowl. Add:

**1 (7 oz.) can frozen lemonade,
thawed**

Beat until fluffy. While beating, add
gradually:

3-4 T. sugar

Pour into freezer tray and freeze 2 hours,
or until firm. Serve within 24 hours.

Ruth Magnuson, Glendale, Ariz.

.....

Homemade Ice Cream

Serves 12

Combine in 1-gallon freezer:

1 qt. thick vanilla pudding

2 qts. milk

1 can sweetened condensed milk

1 T. vanilla

Turn freezer until ice cream is stiff.

Options:

Substitute 1 qt. cream, if available, for
sweetened condensed milk. Reduce
milk to 6 c. Add ½ c. additional sugar to
pudding.

Chocolate: Make chocolate pudding and
add ⅔ c. chocolate syrup.

Fruit: Substitute 3 c. strawberries,
peaches, blueberries, or pineapple for 3
c. milk.

Butternut: Make butterscotch pudding,
using brown sugar. Add 1 c. toasted
nuts.

Annie Lind, Windsor, Vt.

.....

Snow Ice Cream

Serves 8 children

Stir together lightly:

2½ qts. clean snow

½ c. milk or cream

1 t. vanilla

1 c. sugar

Eat right away.

Betsey Zook, Leola, Pa.

*An old recipe
with origins
in the Wellman, Iowa,
community.*

.....

Pumpkin Ice Cream

Serves 10

Scald in double boiler:

2 c. milk

Combine in bowl:

4 egg yolks or 2 eggs, beaten

1 c. sugar

½ t. salt

2 c. mashed cooked pumpkin

2 t. cinnamon

1 t. nutmeg

½ t. allspice

¼ t. ginger

½ t. vanilla

Add to hot milk and cook 4 minutes longer. Cool.

Add:

1 c. cream

1 c. pecans or other nuts (optional)

Pour into freezer container. Crank until stiff.

Irene L. Bishop, Perkasio, Pa.

Orange Yogurt: Mash frozen orange juice concentrate in a bowl to soften, then fold in yogurt. Serve garnished with orange sections, if desired.

—Joanne Janzen, Newton, Kan.

Indian Dessert Yogurt: Add sugar to taste when preparing yogurt. Chill, then fold in and garnish with sliced bananas. Serve after curry meal.

—Herta Janzen,
Calcutta, India

.....

Lime Frost

Serves 6

T.S

Prepare as directed on package:

1 pkg. lime gelatin

Chill until nearly firm. Combine in blender:

lime gelatin

**1 pt. slightly softened vanilla
ice cream**

1 T. lime juice

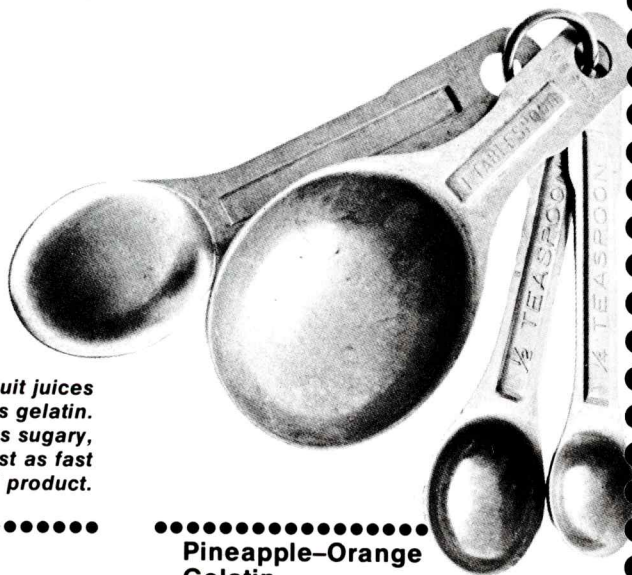
Blend until mixture begins to hold shape. Pour into 6 sherbet glasses and chill. Serve with whipped topping and a lime slice for garnish.

Options:

Use other flavors of gelatin.

Prepare gelatin with 1 envelope unflavored gelatin, ½ c. frozen orange juice concentrate, and 1½ c. water. Dissolve according to package directions.

Lon and Kathryn Sherer, Goshen, Ind.



**Reserve canned fruit juices
for this gelatin.
It's cheaper, not as sugary,
and just as fast
as the flavored product.**

Basic Fruit Gelatin

Serves 4-6

Combine in saucepan:

**1 c. fruit juice, drained from
canned fruit**

1 envelope unflavored gelatin

Stir to begin dissolving gelatin. Then
heat almost to boiling point until liquid is
clear. Remove from heat and add:

1 c. cold fruit juice or water

1 T. lemon juice

**1 T. frozen orange juice
concentrate**

Chill until set.

Options:

When partially set, fold in fresh or
drained canned fruits as desired.

If using fresh unsweetened fruits and tart
juice, add 2-4 T. sugar to hot gelatin
mixture.

When partially set, fold in 1 c. whipped
cream or cottage cheese.

Replace second cup fruit juice with 1 c.
chilled yogurt.

Omit lemon juice and/or orange
concentrate if using strong-flavored fruit
juices.

Pineapple-Orange Gelatin

Serves 6

Combine in small saucepan:

1 envelope unflavored gelatin

1 c. cold water

Add:

3 T. honey or sugar

Warm mixture just until gelatin dissolves.

Add:

**2 T. frozen orange juice
concentrate**

**juice drained from unsweetened
pineapple chunks plus water
to make 1½ c.**

Chill until syrupy. Fold in:

1 c. drained pineapple chunks

2 oranges, peeled and diced

1 banana, sliced

Chill until set.

Ruth Gish, Mt. Joy, Pa.

Graham Cracker Crust

T·S

Makes 1 pie crust

375°

8 min.

Combine and press into 9" pie pan:

1½ c. graham cracker crumbs

¼ c. sugar

¼ c. melted margarine

¼ t. nutmeg

Bake at 375° for 8 minutes.

LaVonne Platt, Newton, Kan.

Cheesecake

Serves 6

375°

30 min.

Preheat oven to 375°.

Prepare 1 8" unbaked graham cracker pie shell.

Combine in bowl or blender:

2 eggs

8 oz. cream cheese or cottage cheese, or a mixture

½ c. honey or sugar

¼ c. dry milk solids

2 t. vanilla

1-2 T. lemon juice

Pour into crust and bake 30 minutes.

Cool 1 hour.

Add topping, if desired, and chill.

Options:

Add one of these to cheese mixture:

—1 t. almond extract (omit vanilla)

—¼ c. chopped almonds or walnuts

—1 small can crushed pineapple

—1½ t. grated lemon peel to both crust and filling

—2 T. cheddar cheese, finely shredded

—¼ c. yogurt

Use one of these as topping:

—Combine 1 c. yogurt or sour cream, 2 T. sugar, 1 T. vanilla, 1 t. cinnamon, and/or ¼ t. nutmeg

—Add drained strawberries, pineapple, peaches, cherries, blueberries, or nuts to yogurt or sour cream topping.

—Thicken any of above fruits with cornstarch and use as topping.

Double recipe for larger cheesecake made in springform pan.

LaVonne Platt, Newton, Kan.

Danita Laskowski, Goshen, Ind.

*A low-calorie,
high-protein dessert
perfect for finishing off
a high-carbohydrate,
low-protein meal.*

Refrigerator
Cheesecake

T-S

Serves 6

Prepare graham cracker crust, or line 9" pie pan or 8x8" baking pan with graham cracker crumbs.

Combine in saucepan:

1 pkg. unflavored gelatin
½ c. cold water

Warm over low heat until dissolved.

Combine in blender:

dissolved gelatin
1¼ c. water
2 c. (1 lb.) cottage cheese
1½ c. dry milk solids
½ c. sugar
⅛ t. salt

Whirl until liquified. Add:

¼ c. lemon juice

Blend until well mixed. Pour into crumb crust. Chill until set.

Options:

Use any toppings suggested for Cheesecake, p. 277.

Use just a few cracker crumbs for low-calorie version.

Helen Burkholder, St. Catharines, Ont.

Contributor is a Mennonite grandmother who says, "Our cookery has rated among the best for years but there are aspects to it that disturb me—so many recipes are high in fats and sugars." Her recipe passes the test as a nutritious dessert.

Yogurt-Cheese
Pie

T-S

Serves 6

Prepare and cool:

9" graham cracker pie shell
(see p. 277)

Combine in small saucepan:

⅓ c. milk
1 envelope unflavored gelatin

Stir to soften gelatin. Warm over low heat, stirring constantly, until gelatin dissolves.

Combine in blender or mixing bowl:

1 c. cottage cheese
1½ c. plain yogurt
¼ c. sugar or 3 T. honey
dissolved gelatin mixture

Whirl or whip briefly. Chill mixture 20-30 minutes until it begins to set. Pour into pie shell and chill.

Options:

Sprinkle with nutmeg.

Put 1-2 c. fresh berries or sliced bananas into pie shell before pouring in yogurt mixture. Chill and serve within 8 hours. After filling sets, top with any thickened fruit.

Instead of pouring filling into pie shell, layer with fruit into parfait glasses.

Iona Weaver, Collegeville, Pa.

Milk Flitch (an old Pennsylvania Dutch pie with a variety of odd names, made for children from leftover pie crust): Into pie crust sprinkle brown sugar and flour. Dot with butter. Almost cover mixture with milk. Bake until brown and bubbling. Some like it dry, some like it runny—not measuring assures it will never be monotonous.

—Ruth Eitzen, Barto, Pa.

Quick Pie Crusts: If you make pies often, save time by cutting a quantity of fat and flour together in advance at a ratio of $\frac{1}{4}$ to $\frac{1}{2}$ c. fat to 1 c. flour. Add salt. Store crumbs in tightly covered container in refrigerator or cool cellar. To make 2 crusts, measure out 2 c. crumbs and toss with 4 to 5 T. water.

—Edna Longacre, Barto, Pa.

I save pie crust scraps by using them to line a tart pan kept in the freezer. I make tarts when the pan is full.

—Karin Hackman, Hatfield, Pa.

Cottage Cheese Pie

Serves 6-8

350°

1 hr.

Preheat oven to 350°.

Have ready 1 unbaked 9" pastry or graham cracker pie shell.

Combine with mixer or blender:

2 egg yolks (reserve whites)

$1\frac{1}{2}$ c. cream-style cottage cheese

$\frac{1}{3}$ c. sugar or honey

2 T. flour

$\frac{1}{4}$ t. salt

$\frac{1}{4}$ t. cinnamon

1 c. milk

2 T. lemon juice

grated lemon rind

Beat until stiff but not dry:

2 egg whites

Fold into cheese mixture. Pour into unbaked pie shell and sprinkle top with:

1 T. sugar

$\frac{1}{2}$ t. cinnamon

Bake 1 hour, or until filling is almost firm in center. A slightly soft center will set as pie cools. Top with a fruit sauce if desired.

Rosemary Moyer, North Newton, Kan.

Coconut-Custard Pie

Serves 8

350°

50-60 min.

Preheat oven to 350°.

Combine in blender:

4 eggs

6 T. margarine

$\frac{1}{2}$ c. flour

2 c. milk

$\frac{3}{4}$ c. sugar

1 t. vanilla

Add:

1 c. coconut

Blend several seconds. Pour into a greased and floured 10" pie pan, or two 8" pans. Bake 50-60 minutes. Pie forms its own crust.

Lois Zehr, Ft. Dodge, Iowa

T.S

*Here's a good recipe
from the Orie Miller home
for the famed
Pennsylvania Dutch specialty.
Rich, yes—but also cheap!
Delicious served warm
with cold milk to drink.*

.....

Shoofly Pie

Serves 6

375°

35 min.

Preheat oven to 375°.

Prepare 1 unbaked 9" pie shell.

Cut together with pastry blender:

1 c. flour

½ c. brown sugar

2 T. shortening or margarine

Reserve ½ c. crumbs for topping.

Combine in mixing bowl:

1 c. molasses

1 egg, slightly beaten

¾ c. cold water

1 t. soda in

¼ c. hot water

Add crumb mixture and beat together.

Pour into unbaked pie shell. Sprinkle reserved ½ c. crumbs on top. Bake 35 minutes.

Elta Miller, Lititz, Pa.

.....

Peach Kuchen

Serves 6

400°

15/30 min.

Preheat oven to 400°.

Combine in bowl:

1½ c. sifted flour

¼ t. baking powder

½ t. salt

2 T. sugar

Cut in:

½ c. margarine

Pat mixture over bottom and sides of a 9" pie pan or skillet.

Arrange in pastry:

8-12 peach halves, canned or fresh

Sprinkle over:

¼ c. sugar combined with

1 t. cinnamon

Bake 15 minutes.

Combine:

1 egg, beaten

**1 c. sour cream, sour milk, yogurt,
or combination**

Pour over peaches and bake 30 minutes longer.

Options:

Drizzle peaches with honey instead of sugar.

Use 2 c. fresh diced rhubarb. Increase sugar over fruit to ½ c.

Hilda Janzen, Newton, Kan.

.....
Whipped Topping—
I

T·S

Makes about 2½ cups

Chill small mixer bowl and beaters several hours before using.

Put into bowl:

½ c. ice water (may be chilled in bowl)

½ c. dry milk solids

Beat at high speed until peaks form, about 5 minutes.

Add:

3 T. lemon juice

Beat in gradually:

3 T. sugar

Chill 1 hour.

Miriam LeFever, East Petersburg, Pa.

.....
Whipped Topping—
II

T·S

Makes about 2 cups

Shortly before serving, mash until smooth:

1 medium ripe banana

Beat to stiff froth:

1 egg white

Add banana to egg white 1 teaspoon at a time, beating constantly.

Add:

1 t. sugar

Beat until light. Serve on fruit or puddings.

Viola Dorsch, Musoma, Tanzania

.....
Pumpkin Pie

Serves 6

425°/375°

10/30 min.

Preheat oven to 425°.

Have ready 1 9" unbaked pie shell.

Combine in blender or mixing bowl:

1 c. cooked, sieved pumpkin

½ c. sugar

1 t. cinnamon

¼ t. ginger

¼ t. nutmeg

¼ t. cloves

1 t. vanilla

1 c. milk

2 egg yolks

Beat until stiff:

2 egg whites

Fold egg whites into pie filling. Pour into unbaked pie shell. Bake 10 minutes, then reset oven to 375° and bake about 30 minutes or until filling is set.

Options:

Substitute yellow squash, sweet potatoes or carrots for pumpkin. No need to mash vegetable first if using blender—just drain well. Spicy flavor sells any kind as pumpkin.

If using frozen pumpkin which may be watery, decrease milk to ¾ c.

*Elizabeth Showalter, Waynesboro, Va.
Ruth Hershberger, Harper, Kan.*

▼ Cakes

Cake Toppings

Use a thin glaze drizzled on the cake instead of thick icing.

Before baking, sprinkle a 9x13" cake or 2 dozen cupcakes with a mixture of ¼ c. finely chopped nuts and ⅓ c. brown sugar. Add coconut if desired.

*A light cake
using almost no fat.*

Grandma Witmer's Crumb Cake

Serves 12-15

350°

40 min.

Preheat oven to 350°.

Combine in large bowl:

4 c. flour

½ t. salt

2 c. sugar

Cut in to make crumbs:

**1 c. shortening (may use part
margarine)**

Reserve ⅔ c. crumbs and set aside.

In separate bowl, stir together:

1 t. soda

1 t. cream of tartar

1 c. buttermilk or sour milk

Add:

2 beaten eggs

Add liquid mixture to crumbs. Mix together and pour into greased and floured 9x13" pan. Sprinkle reserved crumbs on top, plus a dash nutmeg. Bake 40 minutes.

Ellen Longacre, Bally, Pa.

Carla's Hot Milk Sponge Cake

Serves 9-10

325°

30-35 min.

Preheat oven to 325°.

In mixing bowl, beat well:

2 eggs

Add:

1 c. sugar

1 t. vanilla

Beat until light. Combine separately:

1 c. flour

1 t. baking powder

¼ t. salt

By hand, fold dry ingredients into egg mixture.

Bring to boil in small saucepan:

½ c. milk

1 t. margarine

Add slowly to batter, stirring gently. Pour into well-greased and floured 7x12" or 9x9" cake pan. Bake 30-35 minutes.

Option:

When cake is partially cool, spread with ½ recipe Coconut Topping, p. 285. Broil as directed.

Carla L. Funk, Laird, Sask.

Sprinkle cakes or cupcakes with granola before baking.

Granola topping for coffee cake: ¼ c. granola, 2 T. brown sugar, 1 T. melted margarine.

Broiled coconut icing uses less sugar than other icings. See Oatmeal Cake, page 285.

Combine 3-4 dried fruits: apples, apricots, figs, peaches, pears, dates, and golden or dark raisins. Snip larger fruits into small pieces.

Everyday Fruitcake

2 small loaves
325°
1 hr.

Preheat oven to 325°.

Combine in bowl:

1 c. whole wheat flour

½ c. brown sugar

1 t. baking powder

½ t. salt

Mix ¼ c. of this mixture with:

**2 c. dried fruit assortment
(see above)**

¾ c. walnuts or pecans, chopped

Set aside.

Stir together in large bowl:

3 eggs, beaten

¼ c. honey

½ t. vanilla

**2 T. frozen orange juice
concentrate**

Add dry ingredients. Mix well. Fold in fruits and nuts. Spoon mixture into 2 3x6" or 1 4x8" loaf pan, well greased and bottoms lined with waxed paper. Bake 1 hour or until well browned. Cool on rack 10 minutes, then turn out loaves and remove waxed paper.

Evelyn Liechty, Berne, Ind.

Roman Apple Cake

Serves 12-16

350°

35-40 min.

Preheat oven to 350°.

Combine in mixing bowl:

1 c. sugar

2¼ c. flour

¼ t. salt

¾ t. baking powder

1½ t. soda

½ t. cloves

1 t. cinnamon

Beat in:

¾ c. shortening

2 eggs

¾ c. milk

1½ t. vanilla

Add:

**3 c. raw apples, pared and
chopped**

Mix well. Pour into greased and floured 9x13" pan.

Cover with *topping*:

Crumble together:

1 T. melted margarine

2 t. cinnamon

⅓ c. brown sugar

2 t. flour

**½ c. chopped nuts or coconut
(optional)**

¼ c. rolled oats

Bake 35-40 minutes.

Miriam LeFever, East Petersburg, Pa.

Split a cake and fill with pudding or custard. Add sliced bananas if desired.

Jelly Frosting: Combine in top of double boiler $\frac{1}{2}$ c. tart jelly, 1 unbeaten egg white, and dash of salt. Beat while cooking until jelly disappears. Remove from heat and continue beating until frosting stands in peaks. Lovely to look at as well as eat!

—Geraldine Mitsch,
Aurora, Ore.

*Marvelous flavor—
a reward for patient people
who pick up, dry,
and shell black walnuts.*

.....

Black Walnut— Banana Cake

Serves 10-12

350°

45-50 min.

Preheat oven to 350°.

Cream together:

$1\frac{1}{2}$ c. sugar

$\frac{1}{2}$ c. margarine or shortening

Beat in:

2 eggs

1 c. thinly sliced bananas

1 t. vanilla

$\frac{3}{4}$ c. sour milk, combined with

1 t. soda

Sift together and beat in:

2 c. flour

1 t. baking powder

Add:

**1 c. black walnuts, ground or
finely chopped**

Pour into greased and floured 9x9" cake pan. Bake 45-50 minutes.

Ruth Hynicker, Elizabethtown, Pa.

Dust cakes with confectioners sugar. Pretty on a chocolate cake: Cover cake with paper doily, dust with confectioners sugar, carefully remove doily.

Serve freshly baked cake warm and unfrosted. Serve leftover cake a day later with fruit sauce or whipped topping.

.....

Gingerbread With Wheat Germ

Serves 9

350°

45-50 min.

Preheat oven to 350°.

Combine in mixing bowl:

2 c. unsifted flour

1 t. baking soda

$\frac{3}{4}$ t. salt

$1\frac{1}{2}$ t. cinnamon

1 t. ginger

$\frac{1}{4}$ t. cloves

$\frac{1}{4}$ c. sugar

$\frac{1}{2}$ c. wheat germ

Add:

1 c. buttermilk or sour milk

$\frac{3}{4}$ c. molasses

$\frac{1}{3}$ c. oil or melted margarine

2 eggs, beaten

Beat just until batter is smooth. Turn into well-greased 9x9" cake pan. Bake 45-50 minutes or until tests done. Serve hot with applesauce blended with yogurt or a whipped topping (p. 281).

Rosemary Moyer, North Newton, Kan.
Elizabeth Showalter, Waynesboro, Va.

*Contributor likes to cook
with a friend.
Invite a child
to help with this recipe.*

.....
Applesauce-Nut Cake
(cooperative method)

Serves 10

350°

35-40 min.

Preheat oven to 350°.

Person 1:

Combine and set aside:

1 c. sweetened applesauce

1 t. lemon juice

Measure and mix together:

2 c. flour (may use ¼ whole wheat)

1 t. soda

1 t. cinnamon

½ t. ground cloves

½ t. salt

Chop and set aside:

½ c. dates

Person 2:

Cream together:

½ c. margarine

1 c. brown sugar

Add:

2 eggs

Beat well. Measure:

**1 c. walnuts, chopped OR
sunflower seeds**

½ c. raisins

Grease and flour 8x12" pan.

Now get together:

Add applesauce and dry ingredients
alternately to creamed mixture.

Beat well. Stir in nuts, dates, and raisins.

Pour batter into pan.

Bake 35-40 minutes.

Jane Short, Elkhart, Ind.

*A rich, moist cake;
serve in small pieces.*

.....
**Oatmeal
Cake**

Serves 16-18

350°

35 min.

Preheat oven to 350°.

Combine and let stand 20 minutes.

1 c. quick oatmeal

1¼ c. boiling water

Cream together until fluffy:

½ c. shortening

1 c. brown sugar

1 c. white sugar

2 eggs

1 t. vanilla

Add oatmeal mixture. Beat well.

Sift together:

1½ c. flour

1 t. soda

1 t. baking powder

½ t. salt

1 t. cinnamon

Add to creamed mixture and beat well.

Pour into greased and floured 9x13" cake
pan. Bake 35 minutes or until tests done.

Coconut Topping:

Combine:

½ c. brown sugar

⅓ c. margarine

¼ c. cream or milk

½ c. chopped nuts

1 c. coconut

Spread on hot cake and broil 2-4 minutes
until brown. Watch closely.

▼ Cookies

Oatmeal Cookie Mix

1 gal. 2 gal.

Put through a coarse sieve:

white sugar	1½ c.	3 c.
brown sugar	1½ c.	3 c.
sifted flour	3 c.	6 c.
salt	2 t.	4 t.
soda	2 t.	4 t.
baking powder	1 t.	2 t.

Cut in:

shortening	2 c.	4 c.
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Add:

rolled oats	6 c.	12 c.
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Mix well. Store in cool place.

Makes 4 doz.

350°

12 min.

Oatmeal Cookies:

Combine in bowl:

2 eggs, beaten

2 t. vanilla

4 c. oatmeal cookie mix

Mix well. Drop teaspoonfuls onto greased baking sheet, flatten with fork, and bake at 350° about 12 minutes.

Options:

Add chopped nuts, raisins, coconut, chocolate chips, or sunflower seeds.

Add 1 t. cinnamon to egg mixture.

Put 2 cookies together with a blend of peanut butter and honey or jelly.

Hilda Janzen, Newton, Kan.

Date Oatmeal Cookies

Makes 6 doz.

350°

10-12 min.

Cream together:

½ c. margarine

1 c. sugar

3 eggs

Beat well. Sift together:

1½ c. flour

1 t. baking powder

½ t. salt

1 t. soda

1 t. cinnamon

½ t. allspice

Add to creamed mixture alternately with:

½ c. milk

Stir in:

2 c. rolled oats

1 c. chopped dates

½ c. coconut

½ c. nuts (optional)

Drop by teaspoonfuls on greased cookie sheet. Bake at 350° for 10-12 minutes.

Lena Brown, Grantham, Pa.

Chocolate Chip
Oatmeal Cookies

Makes 6-8 doz.

375°

10 min.

Cream together:

1 c. shortening (may use half
margarine and half lard)

¼ c. peanut butter

½ c. sugar

½ c. brown sugar

2 eggs

1 t. vanilla

Add:

1½ c. flour

1 t. soda

½ t. salt

2 c. rolled oats

1-2 c. chocolate chips

1 c. chopped nuts (optional)

Mix well. Drop by teaspoonfuls on
greased cookie sheet. Bake at 375° for
about 10 minutes.

Elsie Epp, Marion, S.D.

Miriam LeFever, East Petersburg, Pa.

Chocolate Chip
Cookies

Makes 5-6 doz.

375°

8-10 min.

Cream together:

1 c. margarine or shortening

1 c. brown sugar

1 c. granulated sugar

Add:

2 eggs

2 T. hot water

2 t. vanilla

Beat until fluffy. Sift together and add:

1 c. white flour

1½ c. whole wheat flour

¾ c. soy flour

1 t. salt

1 t. soda

Add:

2 c. or 12 oz. chocolate chips

1 c. chopped nuts (optional)

Drop by teaspoonfuls on greased cookie
sheet. Bake at 375° for 8-10 minutes or
until light brown.

Priscilla Ziegler, Lancaster, Pa.

Crunchy Drop
Cookies

Makes 6 doz.

350°

10-12 min.

Cream together:

1 c. shortening

1½ c. brown sugar

2 eggs

2 t. vanilla

6 T. milk

Combine and add:

2½ c. flour

1 t. baking soda

½ t. salt

Stir in:

4 c. granola

Drop by teaspoonfuls onto greased
cookie sheets. 350° for 10-12 minutes.

No-Bake
Cereal Cookies

Makes 2-3 doz.

Combine in saucepan and heat to
boiling:

½ c. brown sugar

½ c. light corn syrup

Stir in:

1 t. vanilla

¾ c. peanut butter

Mix until smooth. Stir in:

3 c. ready-to-eat cereal flakes

1 c. flaked coconut (optional)

Drop by teaspoonfuls onto waxed paper.

Rosemary Moyer, North Newton, Kan.

Oatmeal Cookies With a Purpose

Makes 5-6 doz.

325°

10-15 min.

Purpose:

Constructive fun for children

Requirements:

1. Cookie dough

Cream together:

1 c. margarine or shortening

1 c. brown sugar

Add:

2 c. rolled oats

1 c. dry milk solids

½ c. water

Beat well. Sift together:

2¼-2½ c. flour

3 t. baking powder

1 t. salt

Fold into creamed mixture and mix well.

Divide into small portions and chill.

2. Clean kitchen table.

3. Pie plates and cookie pans.

4. Rolling pins from toy bake sets or small round bottles.

5. Animal cookie cutters.

6. Aprons or old towels to protect children's clothing.

7. Children of either sex, ages 2 and up, with clean hands.

Extra Requirements (for parent, neighbor or grandparent):

1. Patience.

2. Loving-kindness.

3. Smiles.

4. Praise, given out liberally.

5. Wisdom, to help children share tools.

6. Pretend dark glasses.

Method:

1. Sprinkle flour on table for each child.

2. Distribute pieces of dough.

3. Demonstrate how to roll dough to ¼" thickness, cut out cookies, and transfer them to baking pans.

4. Preheat oven to 325°.

5. Wear pretend dark glasses to avoid seeing trail of flour from table to floor, or path of dough from fingers to mouth.

6. Pop pans into oven as soon as filled. Bake 10-15 minutes.

7. Put each child's cookies in separate container.

8. When all dough is baked, present each child with his or her container.

Results:

1. Sparkling eyes.

2. Happy faces.

3. Grimy hands.

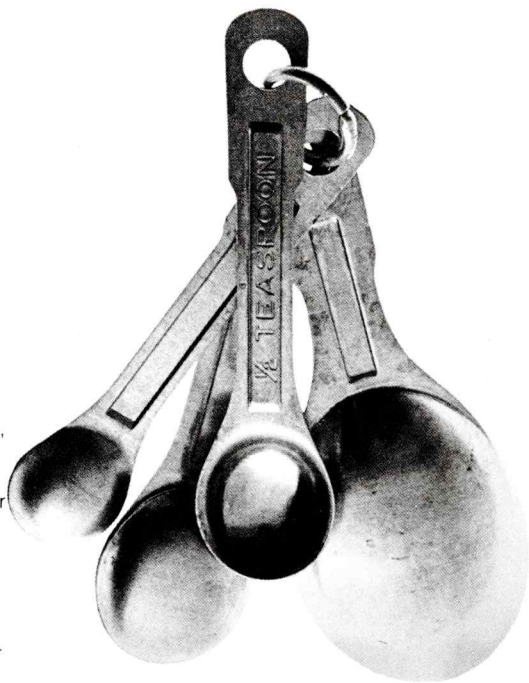
4. Bulging cheeks.

5. Sweet voices saying, "Mm, good, it's yummy yummy in my tummy."

6. Spontaneous hugs from flour-covered arms.

7. A few cookies.

Helen Bergmann, Virgil, Ont.



.....

**High-Protein
Peanut-Butter
Cookies**

Makes 6-7 doz.

375°

8-10 min.

Cream together until fluffy:

1½ c. shortening
½ c. granulated sugar
½ c. brown sugar
½ c. honey
1 c. peanut butter
3 eggs
1 t. vanilla

Sift together and add:

2½ c. whole wheat flour
1 c. dry milk solids
½ c. soy flour
1 t. salt
1 t. baking powder
2 t. baking soda

Chill dough. Roll into 1" balls and place on greased cookie sheets. Flatten with fork dipped in flour. Bake at 375° for 8-10 minutes.

Priscilla Ziegler, Lancaster, Pa.

.....

**Whole Wheat
Peanut-Butter
Cookies**

Makes 5 doz.

375°

8-10 min.

Cream together:

½ c. shortening
1 c. peanut butter
1½ c. sugar
1 egg

Add to creamed mixture:

1 c. wheat germ
2 t. vanilla
6 T. water

Combine and add:

1½ c. whole wheat flour
1 c. dry milk solids
½ t. salt
1 t. baking powder
2 t. baking soda

Roll into 1" balls. Place on greased cookie sheet and flatten with fork dipped in flour. Bake at 375° for 8-10 minutes.

Marcia Beachy, DeKalb, Ill.

.....

Dietetic Date Cookies

Makes 5 doz.

350°

10-12 min.

Combine in saucepan:

- 1 c. raisins**
- ½ c. snipped dates**
- 1 c. water**

Boil 3 minutes, stirring constantly. Cool.

Cream together:

- 2 eggs**
- ½ c. margarine**
- 3 t. liquid sweetener**
- 1 t. vanilla**

Sift together:

- ¼ t. cinnamon**
- 1 c. flour**
- 1 t. soda**

Add dry ingredients to creamed mixture alternately with date mixture. Beat well. Chill several hours. Drop from teaspoon onto greased baking pan. Bake at 350° for 10-12 minutes.

Geraldine Roth, Morton, Ill.

.....

New Zealand Whole Wheat Crisps

Makes 3 doz.

350°

10-12 min.

Combine:

- ½ c. melted margarine**
- 1 T. corn syrup**
- ⅔ c. sugar**

Add:

- 1 c. whole wheat flour**
- ⅛ t. salt**
- 1 t. soda dissolved in**
- 2 T. water**

Mix well. Stir in:

- ⅔ c. coconut**
- ⅔ c. chopped nuts**

Drop by level tablespoonfuls 2" apart on ungreased cookie sheet. Bake at 350° for 10-12 minutes.

Ruth Hunsberger, Doylestown, Pa.

.....

Molasses Crinkles

Makes 4 doz.

350°

12-15 min.

Cream together:

- ¾ c. shortening**
- 1 c. brown sugar**
- 1 egg**
- ¼ c. dark molasses**

Sift together and add:

- 2¼ c. flour**
- ½ t. salt**
- 2 t. soda**
- 1 t. cinnamon**
- 1 t. ginger**
- ½ t. ground cloves**

Mix thoroughly. Chill dough several hours. Shape dough into balls 1" in diameter. Roll in granulated sugar and place 2" apart on greased baking sheet. Bake at 350° for 12-15 minutes.

*Used by permission from Mennonite
Community Cookbook.*

*Tester's husband says,
"They're good!
You make them
and I'll eat them."
A fair exchange of energies?*

.....
**Wheat Germ
Balls**

Makes 3½ doz.

350°

12-15 min.

Combine in mixing bowl:

2 c. flour
1 c. toasted wheat germ
1 c. shortening
¾ c. sugar
1 egg
1 t. grated orange rind
1 t. vanilla
½ t. salt

Beat at low speed until well mixed. Chill dough. Roll into 1" balls. Roll in ¾ c. wheat germ. Place on cookie sheet and bake at 350° for 12-15 minutes.

Mary Lou Houser, Lancaster, Pa.

.....
**Peanut
Bars**

Makes 2 doz.

350°

30 min.

Cream together:

½ c. margarine
½ c. brown sugar
½ c. granulated sugar
1 egg
½ t. vanilla

*Use mild molasses
or combination of
dark molasses and corn syrup.*

.....
**Gingerbread
Treats**

Makes 4 doz.

350°

10-12 min.

Mix together:

1 c. hot water
1 c. molasses

Combine separately and add:

3 c. flour
½ t. baking soda
1 t. baking powder
1½ t. ginger
½ t. salt

Add:

¼ c. melted shortening or oil
1 c. raisins

Mix well. Drop by teaspoonfuls onto greased baking sheet. Bake at 350° for 10-12 minutes.

Eleanor Hiebert, Elkins Park, Pa.

Add:

1½ c. quick-cooking rolled oats
¾ c. whole wheat flour
½ t. baking soda
¼ t. salt

Stir in:

1 c. peanuts, coarsely chopped
½ c. seedless raisins

Pat mixture evenly into a greased 9" baking pan. Bake at 350° for 30 minutes. Cool in pan. Cut into bars.

Option:

Substitute other nuts as available.

Carolyn Blosser, Akron, Pa.

Raisin or Date Bars

Makes 3 doz.

400°

25-30 min.

Combine in saucepan:

2½ c. raisins

¾ c. water

¼ c. sugar

3 T. lemon juice

2 T. cornstarch

OR

3 c. chopped dates

1½ c. water

Cook over low heat until thick. Cool.

Combine in bowl:

¾ c. margarine

¾ c. brown sugar

1 t. salt

½ t. baking soda

1¾ c. flour

1½ c. rolled oats

Mix well until crumbly. Firmly press half of crumb mixture into 9x13" greased pan. Spread cooled filling over top and cover with remaining crumb mixture, patting down lightly. Bake at 400° for 25-30 minutes. Cut into bars while warm.

Mary Lou Houser, Lancaster, Pa.

Butterscotch Brownies

Makes 2 doz.

350°

30 min.

Preheat oven to 350°.

Melt:

¼ c. margarine

Add:

1 T. dark molasses

¾ c. sugar

2 eggs, beaten

2 t. vanilla

Stir well. Sift in:

½ c. plus 2 T. dry milk powder

½ t. baking powder

¼ t. salt

Add:

1 c. wheat germ

½ c. walnuts or pecans, chopped

Stir only enough to blend, using no more than 20 strokes. Spread in greased 8x8" pan. Bake 30 minutes.

Lena Brown, Grantham, Pa.

**Good
sugarless lunchbox sweet
or Christmas candy.**

Coconut-Date Balls

Makes 3 doz.

Combine and cook over low heat, stirring constantly:

2 eggs, beaten

½ c. margarine

½ lb. dates, finely cut

Boil 2 minutes. Remove from heat and add:

1½ c. crisp rice cereal

½ c. nuts, chopped

1 t. vanilla

Cool; shape into little balls. Roll in coconut.

Barbara Longenecker, New Holland, Pa.

Contributor says, "We developed the Peppernut variation last Christmas and gave a lot away to people who had no idea something that tasted so good could be so healthy." Around the holidays, peppernuts are always available in Prussian Mennonite homes to fill children's pockets and dunk in grown-ups' coffee.

Mrs. Wiebe, now 84, says this was the only cookie recipe her mother, Elizabeth Thierstein Claassen, used as she raised 14 children.

Peppernuts

400 °
10 min.

Cream together in large mixing bowl:

2 c. honey
½ c. margarine
1 egg

Add:

¾ c. hot water
½ c. finely chopped nuts or sunflower seeds
1 t. cinnamon
½ t. ginger
¼ t. cloves
1½ t. baking powder
½ t. soda
4 c. sifted whole wheat flour
4 c. unbleached white flour

Roll into long pencil-like sticks ¾" in diameter and freeze overnight between layers of waxed paper or dish towels. The next day, slice ⅜" thick and place on greased baking sheets so they do not touch each other. Bake at 400° for 10 minutes. Peppernuts will be hard after they cool. Spicy taste ripens by storing in a closed container several days.

Option:

Substitute corn syrup and molasses if honey is unavailable or too expensive.

Lois Barrett, Wichita, Kan.

Old-Fashioned Sugar Cookies

Makes 10 doz.
375°
10-12 min.

Cream together:

1½ c. sugar
1 c. lard, margarine, or shortening
2 eggs
1 c. sour cream

Stir in:

2 t. baking powder
8-8½ c. flour
1 t. lemon extract (optional)
1 t. vanilla

Chill dough. Roll out, sprinkle with a little sugar, and roll over again lightly. Cut into small rounds. Bake at 375° for 10-12 minutes.

Martha Wiebe, Whitewater, Kan.

gardening and preserving

The best place to learn how to raise food and put it up is in a community where people are doing it. In our small town the phone rings on August mornings with questions like these: Do you process your dill pickles in boiling water, or just pour in the brine and seal them? Are you canning tomatoes today? I have a half bushel to get rid of—we're leaving on vacation. Do you think it's too late to plant endive? I often place a call in return to learn where to find the best buys in corn or ask for a ketchup recipe.

We know the corner grocery store sells canned goods all winter, and even fresh produce flown in from warmer climates. Mass-oriented food production and distribution will provide anything we want—for a given price and taste. But in late summer our community still seems knit together by the common need to lay in food for the winter.

The lore of stocking up is not lost. It grows in little groups of sun-browned women gathered outside rural churches on a summer Sunday, in daylong visits to Mom to freeze corn, in struggles of a newly married couple making strawberry jam on an apartment stove, in a child given the job of fitting slippery peach halves down into Mason jars because his hand is small enough to go in.

"I think of a luxury in the sturdiness and grace of necessary things, not frivolity. That would heal the earth, and heal men," says Wendell Berry in *Farming: A Hand Book*. Don't begin gardening and

preserving only out of duty to your budget and the world's hungry, although it helps. Begin it for joy, for healing. Begin it to receive the gift God gave when He placed us in a garden and said, "Behold, I have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food" (Genesis 1:29).

Space does not allow this book to become a manual on the necessary arts. Bookstores offer solid works on any aspect of stocking up food, and friends will teach. Here is a sampling of ideas shared by persons who grow and store their own.

Gardening and Preserving Discoveries

Gardening

Kidney beans are very easy to grow. Let them hang on the bush until pods begin to dry. Shell and wash in cold water. Spread them out on paper to dry for a few days, until they split when hit with a hammer. I put them in a big plastic bag in my freezer to help keep them fresh, and just scoop out what I need. Before kidney bean pods become dry on the stalk, we pick some and cook as a vegetable like lima beans. The shells are slightly yellow at this point and the beans a deep pink. To prepare, cook in water and add chopped onion and cream if desired. When creamed, they go nicely over potatoes instead of gravy.
—Kate Kooker, Ardmore, Pa.

We haven't found a fast way to shell out dry beans, so we work on them when we're sitting and talking with friends. We put the shelled beans we plan to eat (not those to be used for seed) in a 200° oven for several hours to keep them from getting weevils in storage.

—Don and Priscilla Ziegler, Lancaster, Pa.

Growing your own soybeans has several advantages over purchasing them in a health-food store. It is more economical, soybeans provide nutrients for your soil and you can harvest some while they are green. The taste difference between green (or fresh-frozen) and dried soybeans is reason enough to warrant growing your own.

—LaVonne Platt, Newton, Kan.

To harvest green soybeans: When pods are plump but still green, clip off plants at ground level. Leave roots to enrich the soil. Pile the plants under a tree and strip off the pods. Wash pods; drop into boiling water and cook 3 to 5 minutes, or until beans will pop out easily. Cool pods and shell out beans. Freeze without further blanching. To serve, cook ten minutes and season with butter, salt, and pepper.

—Rod and Mary Lou Houser, Lancaster, Pa.

Sunflower seeds, a traditional Russian Mennonite snack food, are easy to grow and fun to eat. To shell for use in cereals, cookies, or salads, try this: Put ¼ to ½ cup seeds in the blender; whirl at lowest speed for ten seconds. If all the seeds aren't

shelled, repeat for a few more seconds. Stir cracked seeds into a bowl of water. Repeat the process until several cups of seeds have been cracked. Then let seeds and water set until kernels settle. Strain off the shells which float. (Use this as birdseed, since all may not be cracked.) Pour off the water. Spread the seeds out onto a cookie sheet. When dry, sort and clean the kernels. Store in cool, dry place, until ready to use in recipes.

—Kamala Platt, Newton, Kan.

Raise green leafy vegetables such as collards, kale, mustard, rape, spinach, and Swiss chard in a lavishly enriched portion of soil. Keep it well watered. Greens grown fast in ideal conditions in a cool season have a delicious flavor not to be compared to the taste of greens grown indifferently in hot dry soil. Plant greens very early in the spring and late in August for a fall crop.

—Rosa Mullet, Pantego, N.C.

Kale and Swiss chard will not freeze until temperatures go down to about 15°. My parents raised them in fall for an early winter vegetable.

—Helene Janzen, Elbing, Kan.

If it is possible in your climate to mulch with bales of hay so that the ground does not freeze hard, you can have fresh root vegetables all winter. Plant leeks, carrots, salsify, parsnips, beets, and turnips in July so that they reach ideal size by the time frost kills the tops. Vegetables will remain in delicious condition below the ground.

—Rosa Mullet, Pantego, N.C.

Canning

*A true more-with-less pickle—
cheap, fast, sugarless,
crisp, and flavorful,
and all ingredients
except salt and vinegar
can be home-grown.*

Dill Pickles

Makes 10-12 qts.

Fill each of 10-12 sterilized quart jars
with the following:

**small whole cucumbers or larger
cucumbers cut in spears**

1 grape leaf

1 sprig fresh dill

¼ onion

1 clove garlic (optional)

1 small red pepper

**OR ¼ t. dried red pepper
flakes (optional)**

Heat a canner half full of water.

Combine in saucepan:

13 c. water

6 c. vinegar

1 c. salt

Bring to boil and pour brine into filled
jars. Seal. Process jars for 5 minutes in
boiling water. Ready to eat in 2 weeks.

Zelma Martin, Lancaster, Pa.

*Any jar with a top that fits dome
lids and rings can be used for
canning. Use jars from
mayonnaise, instant tea, and
coffee, etc.*

*Reuse jars with matching
one-piece vacuum lid for
open-kettle canning of tomato
juice, ketchup, pickles, and
cooked jellies and jams. These
are lids with a built-in ring of
rubber on the inside, such as
you get with dry-roasted
peanuts, bottled juice, or wheat
germ.*

*—Phyllis Leaman,
Lancaster, Pa.*

Bread and Butter Pickles

Makes 12 pts.

Cut into thin rings:

**30 medium unpared cucumbers
(1 gallon sliced)**

8 medium onions

Cut in fine strips:

2 large red or green peppers

Place vegetables in large bowl or kettle.

Dissolve in ice water and pour over:

½ c. salt

Let stand 3 hours. Drain.

Combine in large kettle:

5 c. sugar

5 c. vinegar

2 T. mustard seed

1 t. turmeric

1 t. whole cloves

Bring to boil. Add drained vegetables
and heat to boiling point. Do not boil.
Pack into sterilized jars and seal.

*Mennonite Community Cookbook, used by
permission.*

To can tomato sauce without cooking it down: Cook tomatoes as for tomato juice. Pour tomatoes into food mill and let juice run through without turning handle. Transfer food mill to another container and press through pulp for a thick sauce. Can thin juice for drinking or use in soups, pulp for tomato sauce to use in spaghetti sauce or casseroles.

*—Anna Mary Brubacher,
St. Jacobs, Ont.*

Fast preparation for tomatoes: Wash tomatoes, core, and cut away bad spots. Leave skins on and cut in pieces. Puree in blender. This is good in chili, spaghetti sauce, and soups, and may be canned or frozen for future use.

—Wanda Hook, Hesston, Kan.



End-of-the-Garden Pickle

Makes 18 pts.



Cucumber Relish

Makes 6-7 pts.

Grind through food chopper:

- 12-14 cucumbers**
- 1 bunch celery**
- 2 onions**
- 2 green peppers**
- 2 sweet red peppers**

Let stand overnight.

Drain and add:

- 2 T. salt**

Mix well.

Bring to boil in large kettle:

- 3 c. sugar**
- 3 c. vinegar**
- 1 t. celery seed**
- ½ t. tumeric**
- 1 t. mustard seed**

Add vegetables and cook 30 minutes.

Fill into jars and seal.

Judy Classen, Akron, Pa.

Soak several hours in brine of ½ c. salt and 2 qts. water:

- 2 qts. small whole cucumbers**

Cook separately in salted water just until crisp-tender:

- 1 pt. pickling onions**
- 2 qts. carrot slices**
- 1 qt. celery, sliced
in ½" pieces**
- 1 qt. cauliflowerets**
- 1 qt. yellow wax beans**
- 1 qt. lima beans**
- 4 sweet red peppers, cut in strips**

Drain vegetables. Rinse and drain cucumbers. Place all vegetables in large enamel dishpan.

Combine in very large kettle:

- 1½ qts. water**
- 1½ qts. vinegar**
- 6 c. sugar**
- ¼ c. pickling spices tied in a bag**

Bring to a boil and simmer 5 minutes.

Remove spice bag. Add vegetables to hot syrup. Bring quickly to boiling temperature. Pack into hot jars and seal.

Option:

For a Pennsylvania Dutch Chow-Chow, add 1 qt. cut corn and 2-3 c. cooked kidney beans.

Olive Wyse, Goshen, Ind.

Nora Bohn, Goshen, Ind.

Canning beef: Cut meat in 2-to-3-inch squares. Pack into jars, not too tightly. Add 1 teaspoon salt to each jar. Don't add water. Seal and process in pressure cooker at 10 pounds for 90 minutes. Save tallow and render by frying to make soap.

—Irene P. Chrisinger,
Mt. Pleasant, Iowa

I must live on a sugar-free diet and enjoy canning my own grapefruit. Peel the grapefruit and pull sections apart. Use kitchen shears to cut off edge along the core, then gently peel back the skin. Drop sections into pint jars, fill with water and a little liquid sweetener if desired, then seal and process 10 minutes in boiling water bath. It does take time, but I have more time than money. When I buy grapefruit on sale it costs me 10 cents a pint to can.

—Lela Miller, Albany, Ore.

Creole Sauce

Makes about 3 cups

Heat in large skillet:

2 T. oil

Cook until soft, but not brown:

1 c. onion, chopped

½ c. celery, chopped

1 clove garlic, mashed

Add:

**2 c. cooked or fresh Italian
plum tomatoes, chopped**

1 bay leaf

pinch dried thyme

½ t. basil

¼ t. oregano

⅛ t. celery seed

1 T. chopped parsley

1 t. salt

dash sugar

freshly ground pepper

Cook uncovered over low heat about 1½ hours, or until sauce is reduced by half. Stir occasionally. During last 20 minutes of cooking time, add:

1 large sweet pepper, diced

Store in refrigerator until ready to use. Serve with rice, chicken, beef, pork, or seafood. Make in large quantities to can or freeze when tomatoes are in season.

Evelyn Liechty, Berne, Ind.

Chili Sauce

Makes 10-12 pts.

Cook until soft:

1 gal. tomatoes, cut up

2 medium onions, cut up

Press through collander to remove skins and seeds.

Add:

1 c. sugar

½-1 c. vinegar

5 t. salt

1 t. cinnamon

1 t. dry mustard

½ t. curry powder

½ t. nutmeg

Cayenne or chili powder to taste

Cook down to desired consistency. Pour into pint jars, seal and process in hot water bath for 5 minutes.

Helena Pauls, Inman, Kan.

Raise Italian Plum tomatoes for tomato sauce. This variety contains little water and when cooked and pureed yields a nice thick sauce.

—Bonnie Zook, Leola, Pa.

Often when I want to use beans I don't have them soaked and ready, so I can 7 quarts at a time in my pressure canner. Soak 5 pounds navy beans overnight. In the morning divide the beans into 7 quart jars, add 1 teaspoon salt to each jar, and fill to the neck with water. Process in pressure canner for 1 hour at 10 pounds. Beans are ready for soup, baked beans, or whatever you want.

—Ada Beachy, Goshen, Ind.

*Using blender
yields a smoother ketchup.*

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Tomato Ketchup

Makes 8 pts.

Prepare by one of two methods:

**4 qts. tomato pulp seasoned with
4-5 large onions**

1. Pour boiling water over tomatoes; peel, quarter, and squeeze out some juice with hands (reserve to drink). Process tomatoes and onions in blender.
2. Quarter and cook tomatoes with onions. Pour into food mill, allowing thin juice to run off. Then transfer food mill to another bowl and press out thick pulp. Measure pulp. Combine in large kettle:

**4 qts. tomato pulp
2 T. celery salt
4 t. salt
3 c. sugar
2 c. vinegar
¼ t. red pepper (optional)
4 t. mixed pickling spices tied
in bag**

Bring to boil. Reduce heat and cook slowly 1-1½ hours, stirring occasionally. Remove spice bag.

Combine in small bowl:

**5 T. cornstarch
¼ c. water**

Stir into boiling tomato mixture. Boil 5 more minutes. Seal in hot sterile jars.

Karen Rix, Fonda, Iowa

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Spaghetti Sauce For Canning

Makes 12 qts.

Cut all in pieces:

**¾ bu. tomatoes, unpeeled
3 large sweet potatoes, peeled
2 bunches celery
3 sweet red peppers
1 hot pepper
8 medium onions
3 cloves garlic**

Cook together in large kettles for 2½ hours. Put through a food mill.

Add:

**1½ c. sugar
2 T. salt
1 c. oil**

Heat again to boiling. Pour into jars and seal. Process in boiling water bath ¾ hour.

Ada Beachy, Goshen, Ind.

*"I like this for Sunday dinner.
Set frozen box out when you
leave for church. When you get
back it heats in a hurry and you
have a well-balanced meal. I
learned this as a widow. You
don't make a large variety when
you're alone."*

Freezer Vegetable Soup

Makes about 10 qts.

Brown in large heavy kettle:

4 lbs. ground beef

Add:

1 qt. corn

1 qt. green or yellow string beans

1 qt. peas

1 stalk celery, finely chopped

½ head cabbage, finely chopped

6 onions, finely chopped

**2 c. white or red cooked beans,
or both**

6 carrots, finely chopped

6 sprigs parsley, chopped

**salt, pepper, and herbs to taste
water or stock to cover**

Cook until vegetables are tender. Divide
into containers and freeze.

Option:

Children enjoy alphabet noodles added
to this soup.

Minnie O. Good, Denver, Pa.

Easy Sauerkraut

1. Sterilize quart jars. You will need 2 lbs.
of cabbage or a medium-sized head for
each quart.

2. Shred each head of fresh cabbage in
dime-thin pieces after removing outer
leaves. Use cores and outer leaves in
stock pot.

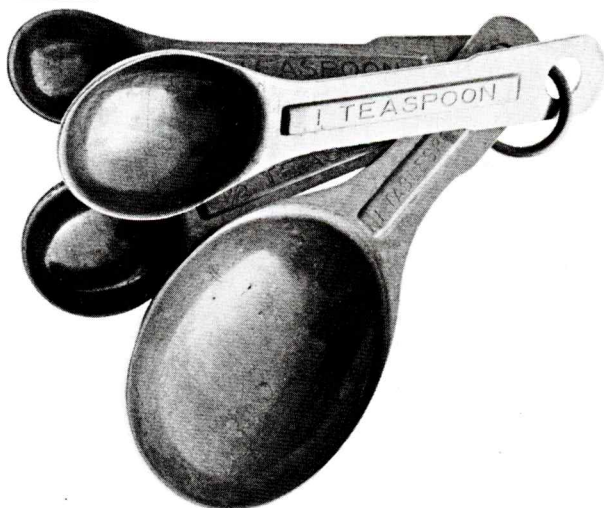
3. Sprinkle 4 t. salt over each shredded
head. Mix well with hands.

4. Pack tightly into jars until juice forms
and reaches top. Screw lids on loosely.
Set jars in a pan to catch juice as
cabbage ferments.

5. After 7-10 days the brine level will drop
suddenly, indicating kraut is done. Keep
in refrigerator a few weeks, or for longer
storage press kraut down with a wooden
spoon to remove the gas bubbles and
add more brine made of 4 t. salt to 1 qt.
water to fill jars.

6. Set jars in canner with warm water.
Bring all to boiling, cover, and boil 30
minutes; seal. This is a mild,
fresh-flavored kraut.

Alice W. Lapp, Goshen, Ind.



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Quick Strawberry Jam

Makes about 4 cups

Mix well and let stand 4 hours or overnight:

2-3c. mashed strawberries
(depending on desired
thickness)

3 c. sugar

Bring to a hard boil. Reduce heat to medium. Boil 10 minutes.

Add:

1 3-oz. package strawberry
gelatin

Mix until well dissolved and bring to boiling point again. Remove from heat and let set a few minutes. Stir again. Put in jars and keep in refrigerator or freezer.

Options:

Strawberries with pineapple gelatin.

Raspberries with raspberry gelatin.

Grapes with grape gelatin.

Peaches with peach, lemon, or
pineapple gelatin.

5 c. rhubarb, chopped, with raspberry or
strawberry gelatin.

Ellen Burkholder, Pembroke, Ont.

Helen Burkholder, St. Catharines, Ont.

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Oven Apple Butter

Makes 6 qts.

350°

3 hrs.

Combine in large greased roast pan:

5 qts. applesauce, unsweetened

10 c. sugar

1 c. vinegar

2 t. cinnamon

1 t. cloves

Bake at 350° for 3 hours, or until thick. Stir every 20 minutes. Pour into jars and seal.

Edna M. Reed, New Cumberland, Pa.

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Apple-Honey Butter (oven method)

Makes 10-12 pts.

300°

3 hrs.

Core, cut and cook until soft:

7 lbs. apples

Press through food mill to make 1 gallon applesauce.

Combine in large enamel roaster:

applesauce

1½ lbs. honey

1 c. cider or vinegar

1 c. crushed pineapple

Bake at 300° for 3 hours, stirring occasionally. Pour into jars and seal.

Ruth Gish, Mt. Joy, Pa.

Freezing

When onions are inexpensive, buy in quantity, chop, and freeze in small portions. When green peppers are plentiful, cut in strips or dice and freeze on cookie sheets. When frozen, scoop into containers, and return to freezer. Handy for casseroles.

—Miriam LeFever,
East Petersburg, Pa.

Chop a quantity of parsley and pack into several peanut-butter jars. Keep in freezing compartment of refrigerator. A tablespoonful flakes off easily anytime you want it.

—Edna Longacre, Barto, Pa.

We always seem to have one overripe banana left from each bunch. I freeze these right in the peel. When several have accumulated I use them in baking cake or breads.

—Esther Martin, Neffsville, Pa.

Freezing pumpkin: Cut pumpkins in half, take out seeds, turn upside down on cookie sheets and bake until soft. If you have enough pumpkins, fill your oven to save heat. When tender, scoop out pumpkin and blend till smooth with as little water as possible. Freeze.

—Patricia Franke,
Wolcottville, Ind.

Freezing apples for pie: Peel, quarter, and slice a few apples at a time. Drop immediately into cold salted water. Place in freezer container. Salt water prevents apples from darkening.

—Anna Ruth Banks,
Smithville, Tenn.

Freezing corn on the cob: Clean ears by trimming ends and removing silk. Do not wash or use water on them. Freeze in plastic bags. To serve, drop ears into boiling water. Cook 6 to 8 minutes after water returns to boiling. Tastes like fresh corn.

—Sarah Claassen,
Beatrice, Neb.

Freezing beet tops, spinach, and other greens: Cut off leaves, wash, blanch, cool immediately in ice water, drain, and freeze. To serve, cook with just a little water. Add salt and butter or a cream sauce.

—Esta M. Eby, Mohnton, Pa.

Near the end of the summer, collect odds and ends from the garden and freeze mixed vegetables for soup. Slightly overripe vegetables will be acceptable used this way.

—Dorothy Miller, Barto, Pa.

If you don't want to make your own ketchup, you can still save about one third by buying it in a number 10 can. Open the can and pour the ketchup into quart-size square plastic containers and freeze. Keep one container in the refrigerator. From it you can easily fill a plastic ketchup dispenser to use on the table or carry to picnics. Plastic dispensers are easier for children to control than glass bottles.

Drying

Dry apples for a snack food. Put peeled, cut-up apples in the sun with a screened cover. Or dry in the oven at very low heat for 4 to 6 hours. Old adjustable window screens make perfect oven racks and enable apples to dry on both sides at once.

—Phyllis Leaman,
Lancaster, Pa.

—Janice Pauls,
MacPherson, Kan.

I often dry bananas. My local produce market sells me a case of darkened bananas which are still beautiful inside for 1/3 the retail price. I peel the bananas, cut them lengthwise in quarters, and then crosswise in half. I place them on two old oven racks and dry in oven on very low heat for 24 to 48 hours. A pilot light or light bulb hung in the oven on an extension cord is enough heat—if it's too hot juices come out of the fruit and it's not as tasty. Eat as snack food.

—Kathy Histan, Sellersville, Pa.

Dry mint leaves in the shade on screen or newspaper and pack into jars. A dozen or more mint varieties are available, each with particular flavor.

Plants are available from friends or herb nursery houses. Plant several around faucet beside the house for hardy perennial availability. Best flavor is in the newly formed leaves and growing tips at the end of the stalks. Pinch these off for tea. Lateral buds will push out to multiply your crop.

—Don Ziegler, Lancaster, Pa.

When tangerines are in season, wash skins well and air them several days until completely dry. Then break into pieces, or powder by processing in blender. If you want them thinly sliced, cut before drying. Store in attractive jars. Dried peels improve with age and keep well for years. Murcot Honey is a good variety of tangerine to use. Add dried peel to foods such as mincemeat, fruit cakes, puddings, pickles and red beets.

—Evelyn Liechty, Berne, Ind.

Wild Foods

While Euell Gibbons is often ridiculed as a nature nut, his suggestions on uses of wild foods may move from novelty to necessity. His intimate knowledge of plants is based on countless field studies and

painstaking research. Try *Stalking the Good Life*, *Stalking the Healthful Herbs*, or *Stalking the Wild Asparagus*, published by David McKay Co., New York.

—Paul G. Jantzen, Hillsboro, Kan.

The combination of a Euell Gibbons' book and a 12-year-old who likes the outdoors is bound to produce some interesting menus and flavorful, nutritious new foods. Some favorites that are easy to find and identify are dandelions (see *Dandelion Salad*, p. 250), poppy mallow, polkweed, Jerusalem artichoke, pigweed, lamb's-quarters, sheep-sour, prickly pear, elderberries, wild raspberries, huckleberries, and wild plums. The only rules are to know that you've identified the plant properly, that it is an edible plant in that season of the year, and that it hasn't been sprayed with insecticides if you're eating leaves or berries.

—LaVonne Platt, Newton, Kan.

A favorite of the Russians was "Cossack asparagus," or the common cattail. Gather from young tender plants about two feet tall. Grasp inner leaves and pull; the inner core will break away from the root. Trim off the tough end as you would asparagus. Steam for a few minutes and serve with white or cheese sauce for a mild, novel vegetable.

—Martha B. Nafziger, LaCrete, Alta.

Take your children on a fall hike and pick up hickory nuts (shellbarks) and black walnuts from roadsides and woods where they're going to waste. Dry hickory nuts on the attic floor. Knock outer hulls off black walnuts with a hammer. Dump walnuts in a tub of water; discard those that float. Dry a month or two, then crack the nuts while visiting with friends.

—Paul Longacre, Akron, Pa.

snacks and miscellaneous

North American snack habits take criticism from all directions. Instead of spending more time denouncing the products we already recognize as wasteful, let's work positively toward a list of good snacks:

apples

bananas

bread or toast, whole grain

carrot sticks

celery,

as is or spread with

cheese or peanut butter

cheese

cherry tomatoes

cookies,

made with whole grains

and minimal sugar

crackers, whole grain

dates

dried apples

fruits and real fruit juices

fruit and nut breads

granola

honey on bread

milk

nuts

oranges

peanut butter

peanuts

popcorn

popsicles,

homemade with minimal sugar

pretzels

puddings,

homemade with minimal sugar

raisins

sunflower seeds

roasted soybeans

yogurt

Most of the above go well in lunch boxes or on car trips. Last summer our family took a week's trip with another family in a station wagon. The most popular snack in the car, while it lasted, was a huge plastic container of carrot and celery sticks and other raw vegetables. No one got sticky, thirsty, or irritable with a half-upset stomach. Apples, had they been in season, would have been as good.

It's easiest for me to encourage our children in wholesome after-school snacks if I have a bowl of fruit or the makings of sandwiches out on the table when they walk in. I like to take a break myself and sit down to cut apples or spread toast while we talk. If I ignore their hunger, they begin going through the cupboards themselves. Then they're likely to come up with chocolate chips I was saving or declare that nothing but ice cream will satisfy. You can discourage eating poor snack foods by simply not having them on hand, but it's also important to have good things invitingly displayed.

Roasted Soybeans—

Soak beans overnight. Cook 1 hour in salted water.
Preheat oven to 350°.
Dry beans in a towel, rubbing briskly to remove outer covering and split beans in half. Single-layer the beans in shallow pans. Bake 30 minutes, turning once or twice. Sprinkle with salt while warm.

Mabel Kreider, Lancaster, Pa.

Roasted Soybeans—

II

Soak soybeans overnight. Next morning put beans in a towel and dry thoroughly. Put beans in heated heavy skillet and stir until golden brown. Just before removing from skillet, add 1 T. margarine or peanut oil and sprinkle with ½ t. salt. Drain on paper.

Miriam LeFever, East Petersburg, Pa.

Roasted Soybeans—

III

Soak beans overnight. Place in a kettle with celery stalks and leaves, chopped onions, and salt. Cook over low heat 3-4 hours. Drain well.
Spread on a cookie sheet with 1-2 T. oil. Roast in 200° oven 4-8 hours until nutlike in flavor and texture. You can use the warm broiler of a gas stove while other baking is being done.

Marianne Miller, Topeka, Kan.

Roasted Wheat Berries (from Ethiopia)

Heat a small amount of oil in skillet. Add wheat berries (whole wheat) and pop like popcorn.
They don't actually pop, but will puff up. Serve hot with salt.

Catherine Kornweibel, Easton, Pa.

Seed Snacks—

I

Save squash and pumpkin seeds. Boil in water 5-10 minutes. Drain well.
For each cup of seeds, combine and sprinkle over:

1 T. melted margarine

1 t. Worcestershire sauce

Sprinkle with salt or seasoned salt. Bake at 350° for 30 minutes or until nearly dry.

Kathryn Leatherman, Goshen, Ind.

Seed Snacks—

II

Sprinkle squash or pumpkin seeds with turmeric, cumin, coriander, cayenne, and salt. Fry in small amount of oil.

Kamala Misra, Bhubaneswar, India

Roasted Chestnuts

To avoid chestnuts exploding, make a small cut on side of each nut with a paring knife. Place nuts in single layer on cookie sheet. Roast at 400° for about ½ hour. Shake pan occasionally. Different sizes require different time; sample before taking out.
You can also roast chestnuts in the fireplace, or boil in salted water for several hours.

Doris Hamman, Lansdale, Pa.

Take these on a car trip, pack little bagfuls in lunch boxes, and hide some in a high cupboard to sprinkle on salads. But calorie watchers, beware—once you start, it's hard to stop!

.....

Roasted Sunflower Seeds

Makes 2 cups

325°

30 min.

Combine in shallow baking pan:

2 c. hulled sunflower seeds

1 T. oil or melted margarine

1 t. Worcestershire sauce

¼ t. salt

garlic and onion salt to taste

Mix well. Toast at 325° about 30 minutes, stirring occasionally, until seeds are golden and crunchy.

Option:

Combine all in heavy skillet and toast over low heat, stirring often.

Author's Recipe

.....

Peanut-Butter Popcorn

Pop enough corn to make 2 quarts.

Cook to a rolling boil:

½ c. sugar

½ c. light corn syrup or honey

Remove from heat and add:

½ c. chunky peanut butter

½ t. vanilla

Pour over popcorn, stirring to coat.

Janet Landes, Phoenix, Ariz.

.....

Raw Vegetable Dip

T.S

Makes 1¼ cups

Mix well and chill:

1 c. mayonnaise

1 t. horseradish

1 t. dry mustard

1 t. curry powder

dash lemon juice

2 T. sour cream

Serve with fresh unpeeled zucchini rounds or sticks plus other raw vegetables such as carrots, celery, cucumber, or cauliflower.

Options:

Add yogurt and/or blended cottage cheese.

Vary flavor with chopped herbs in season.

Ruth Heatwole, Charlottesville, Va.

.....

Apple Snack

Peel, core, and halve:

2 qts. apples

Shred apples coarsely and put on buttered cookie sheet. Bake at 225° until dry. Remove from cookie sheet with pancake turner; break into pieces. Store in air-tight container.

Lina Gerber, Dalton, Ohio

"This method captures the full nose-tingling essence of mint," says Don.

.....
Mint Tea

Makes 2 qts. concentrate

Stuff a 2-qt. jar until full with:

clean mint leaves

Add:

1 c. sugar

Run hot water over outside of jar to prevent breakage, then pour in:

boiling water to fill

Agitate jar to dissolve sugar. Cover loosely and let stand several hours or overnight. Strain contents. Use resulting concentrate by pouring into ice-filled tall glasses. Concentrate may be frozen.

Don Ziegler, Lancaster, Pa.

.....
Fresh Meadow Tea

Makes 1 gal.

Bring to boil:

2 c. sugar

4 c. water

Pour over:

2 c. mint leaves, packed

2 sliced lemons

Let stand overnight. Strain off concentrate and store in refrigerator.

When ready to serve, pour into a gallon container and fill with water and ice.

Marilyn S. Dombach, Mt. Joy, Pa.

*Quick high-nutrient breakfast:
Orange Ice Delight
and a slice
of whole wheat toast.*

.....
Orange Ice Delight

Makes 1 pt.

Whirl in blender:

1 egg

1/3 c. concentrated orange juice

1 c. milk

4-6 ice cubes, partially crushed

1-2 t. sugar or honey (optional)

Makes 1 pint.

Option:

Substitute for orange concentrate: 1 banana plus 1/2 t. vanilla, or 1/2 c. sliced strawberries.

*Virginia Birky, Salem, Ohio
Minnie Good, Denver, Pa.*

.....

Cottage Cheese Dip

T·S

Makes 2 cups

Combine in blender:

1 lb. creamed cottage cheese
1 t. onion juice or minced onion
salt, pepper and paprika to taste

Whirl until smooth. Vary flavors and serve with crackers or vegetables as suggested in Raw Vegetable Dip, p. 306.

Lorraine Kroeker, Lexington, Neb.

.....

Cheese Ball

Makes 1¾ lbs.

Have cheeses at room temperature.

Combine in bowl:

8 oz. cream cheese
1 lb. sharp yellow cheese,
shredded
¼ t. garlic salt
2 T. finely minced onion
½ t. salt
½ c. finely chopped black walnuts
or other nuts

Form into balls or logs. Sprinkle with chili powder or roll in chopped parsley or nuts. Chill. Serve with crackers.

Elizabeth Showalter, Waynesboro, Va.

.....

Nippy Garbanzo Spread

Makes 2 cups

Sauté:

2 T. margarine or olive oil
1 onion, finely chopped

Combine in saucepan:

1½ c. cooked chick peas
(garbanzos), mashed or
ground
sautéed onion
2 beaten eggs

Heat, stirring until thickened and dry.

Add to taste:

salt
cayenne pepper
mayonnaise

Spread on bread or crackers.

Joan Gingrich, Lancaster, Pa.

.....

Fancy Tea Crackers

Makes 2-3 doz.

375°

3-5 min.

Combine with fork:

1 egg white
¼ c. sugar
¼ c. chopped cashews or
other nuts

Arrange soda crackers on baking sheet. Pile a little nut mixture on each cracker. Bake a few minutes at 375° until lightly browned. Serve with hot tea.

Viola Wiebe, Hillsboro, Kan.

T·S

.....

Soft Margarine

Soften 1 lb. margarine to room temperature. Whip with $\frac{1}{2}$ c. milk; return to refrigerator. Use on sandwiches or wherever soft margarine is desired. Makes it easy for children to spread their own bread.

June Suderman, Hillsboro, Kan.

.....

Wheat Crackers

Makes about 1¼ lbs.

425°

7-10 min.

Combine in bowl:

3 c. white flour

1 c. whole wheat flour

1 t. baking powder

$\frac{1}{2}$ t. salt

Cut in:

**$\frac{3}{4}$ c. margarine or
lard-margarine combination**

Beat lightly:

1 egg

Pour egg into 1 c. measure. Add:

enough milk to make 1 c. liquid

Mix to form a ball. Knead lightly, about 20 strokes.

Preheat oven to 425°.

Divide dough into 4 parts, roll out thinly on floured board and place on greased cookie sheets. Cut with pie crimper or pizza cutter to desired cracker size.

Prick dough all over. Sprinkle generously with salt. Bake 7-10 minutes or until lightly browned. Store in airtight container.

Options:

Increase proportion of whole wheat flour to white.

Add $\frac{1}{4}$ c. wheat germ.

Margaret Ingold, Goshen, Ind.

.....

Soda Crackers

Makes about ½ lb.

375°

10-12 min.

Preheat oven to 375°.

Combine in bowl:

2 c. flour

1 t. salt

$\frac{1}{2}$ t. soda

Cut in:

2 T. margarine

Stir in:

$\frac{2}{3}$ c. sour milk or buttermilk

Round dough into a ball and knead a few strokes. Divide dough into several pieces and roll out very thin on a floured board. Lay sheets of dough on ungreased flat baking pans. Sprinkle with salt and prick with fork. Cut into $1\frac{1}{2}$ " squares with sharp knife or pizza cutter. Bake 10-12 minutes, or until lightly browned.

Option:

Add 1 c. shredded cheese for cheese crackers.

Viola Dorsch, Musoma, Tanzania

Try these with the
soybean spreads
on p. 114.

Wheat Thins

Makes $\frac{2}{3}$ lb.

350°

10 min.

Preheat oven to 350°.

Combine in mixing bowl:

2 c. whole wheat flour

2 T. wheat germ

1 t. salt

1 t. baking powder

2 T. brown sugar

2 T. dry milk solids

Cut in with pastry blender:

6 T. margarine

Combine separately and stir in:

$\frac{1}{2}$ c. water

1 T. molasses

Knead a little until smooth. Grease two cookie sheets (10x15") and sprinkle each with cornmeal. Divide dough in half. Roll out half of dough directly onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion, or seasoned salt. Run rolling pin over once more. Prick with fork. Cut in squares or triangles. Bake 10 minutes or until lightly browned.

Donna Koehn, Blaine, Wash.

Corn Chips

Makes $\frac{1}{2}$ lb.

350°

10 min.

Preheat oven to 350°.

Combine in mixing bowl:

1 c. yellow cornmeal

$\frac{2}{3}$ c. flour

1 t. salt

1 t. baking powder

2 T. dry milk solids

Stir together in separate bowl:

$\frac{1}{2}$ c. water

$\frac{1}{4}$ c. oil

$\frac{1}{2}$ t. Worcestershire sauce

$\frac{1}{8}$ t. Tabasco sauce

Add liquids to dry mixture and stir with fork. Knead a little until smooth. Grease two cookie sheets (10x15") and sprinkle each with cornmeal. Divide dough in half. Roll out each half directly onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion, or seasoned salt. Run rolling pin over once more. Prick with fork. Cut in squares or triangles. Bake 10 minutes or until lightly browned.

Donna Koehn, Blaine, Wash.

Miriam LeFever, East Petersburg, Pa.

*A nourishing lunch-box
or after-school snack.
Excellent keeping quality.*

Cheese Sticks

Makes $\frac{2}{3}$ lb.

375°

10 min.

Combine:

- 1 c. grated sharp cheese**
- $\frac{1}{2}$ t. salt and dash pepper**
- $\frac{1}{4}$ c. flour**

Cut in with pastry blender:

- $\frac{1}{3}$ c. margarine**

Sprinkle with:

- 3 T. milk**

Toss with fork. Form into ball. Preheat oven to 375°.

Turn dough onto floured board and roll out $\frac{1}{8}$ " thick. Sprinkle liberally with sesame seeds. Run rolling pin over again. Prick dough with fork all over. Cut into 1x2" sticks, or 2" squares and then into triangles. Place on ungreased cookie sheet. Bake 10 minutes or until golden.

Miriam LeFever, East Petersburg, Pa.

Hinkelsteins (oat sticks)

Makes 100 sticks

375°

15-20 min.

Preheat oven to 375°.

Combine in large bowl:

- 3 c. whole wheat flour**
- $2\frac{1}{2}$ c. oat flour (process rolled
oats in a blender)**
- $\frac{1}{2}$ c. soy flour**
- 2 t. salt**
- 2 c. chopped dates**
- $\frac{3}{4}$ c. coconut**
- $\frac{1}{2}$ c. sesame seeds**
- $\frac{1}{2}$ c. sunflower seeds**
- $\frac{1}{2}$ c. chopped nuts**

Stir thoroughly, making sure dates are coated with flour mixture.

Add:

- $\frac{1}{2}$ c. oil**
- $4\frac{1}{2}$ T. honey**
- OR 5 T. molasses**
- $1\frac{1}{2}$ c. milk**

Mix well. Divide into two greased 10x15" jelly roll pans. Pat firmly and evenly. Cut into 1x3" pieces with pizza cutter. Bake 15-20 minutes or until browned. Remove sticks around the edges if they brown before center is done.

Ruth Hollinger, Goshen, Ind.

*Many of the famous sweets
of India
are made from fresh
milk curd, a high source
of protein.
One of the simplest
is Sandesh.*

.....
Sandesh

Makes 2-3 doz.

Bring to a boil:

2 qts. milk

4 T. lemon juice

**OR 1½ c. whey from
cheese-making**

Stir as milk begins to boil.

When milk separates into curds and whey, remove from heat. (If milk does not separate, add small amounts of lemon juice and continue boiling until it does.)

Strain mixture through muslin-lined colander. Place curds in saucepan.

Add:

½ c. sugar

Cook over low heat, stirring constantly, until mixture is thick (10-15 minutes).

Pour onto buttered platter and spread to ¼" thickness. Top with podded whole or crushed cardamon seed. Cool and cut into diamond shapes.

LaVonne Platt, Newton, Kan.

Excellent lunch-box treats.

.....
**Honey
Milk Balls**

Makes 2 doz.

T.S

Combine in bowl:

½ c. honey or corn syrup

½ c. peanut butter

1 c. dry milk solids

1 c. uncooked rolled oats

**OR 1½ c. graham cracker
crumbs**

Mix well, then knead by hand until blended. Shape into small balls.

Makes 2 dozen.

Options:

Mold dough into a long roll and slice.

For each ball, shape dough around a nut.

Roll in coconut.

*Marie Harnish, Akron, Pa.
Vi Nofziger, Barberton, Ohio*

.....

Applesauce Candy

Makes 64 squares

Combine in saucepan:

1 c. applesauce

1 c. sugar

Bring to a boil and cook 2 minutes.

Dissolve in applesauce:

1 pkg. fruit gelatin

Add:

$\frac{3}{4}$ c. nuts, finely chopped

Pour into 8x8" pan. After 24 hours, cut into 1" squares and roll in sugar. Roll in sugar the second time 24 hours later and it's ready to eat.

Options:

Cinnamon Candy: Add 1 T. cinnamon and use raspberry gelatin.

Lime Squares: Add $\frac{3}{4}$ t. peppermint extract and use lime gelatin.

Lemon Candies: Add finely grated rind of one lemon and use lemon gelatin.

Florence Mellinger, Lancaster, Pa.

.....

Yogurt Popsicles

Makes 6-8 popsicles

Stir together:

1 pt. plain yogurt

6 T. ($\frac{1}{2}$ small can) frozen orange juice concentrate

1 t. vanilla (optional)

Freeze in popsicle molds or small waxed paper cups. Insert sticks into paper cup molds when partially frozen. To serve, peel off paper cup.

Option:

Substitute frozen grape or pineapple concentrate.

Mary Lou Cummings, Quakertown, Pa.

.....

Orange Eggnog Popsicles

Makes 12 popsicles

In large mixer bowl or blender beat together:

1 pt. vanilla ice cream

1 6-oz. can ($\frac{3}{4}$ c.) frozen orange juice concentrate, thawed

1 egg

Gradually beat in:

$1\frac{1}{2}$ c. milk

Freeze as directed in Yogurt Popsicles.

Option:

Substitute frozen grape or pineapple concentrate.

Virginia Birky, Salem, Ohio

.....

Fudgsicles

Makes 8-10 popsicles

Make Quick Chocolate Pudding, p. 264. Increase milk to $2\frac{1}{2}$ c., cocoa to 3 T., and sugar to $\frac{1}{2}$ c.

Cool.

Freeze as directed in Yogurt Popsicles.

Option:

Use 1 box chocolate pudding mix (not instant) prepared with 3 c. milk.

Donna Kroeker, Lexington, Neb.

▼ Miscellaneous

Soap takes 2-3 weeks to dry, but it can be used immediately. If lumps of soap are too large to dissolve easily during the cycle of washing, put them in a small amount of hot water first to soften them before adding the soap to washer.

.....

Homemade Laundry Soap

Makes 9 lbs. soap

Clean grease, using either method:
1. Boil grease in an equal volume of water. Remove from heat; chill by adding 1 qt. cold water for each gallon of liquid. Remove firm fat from top.
2. Melt fat and strain through muslin. Place in iron, enamel, or stoneware container (never use aluminum):

5 c. cold water

Slowly add to cold water:

1 can lye

Stir to dissolve and allow to cool (may take several hours). Melt grease; allow lye solution and grease to come to correct temperatures:

—sweet lard or soft fat at 85° with lye solution 75°

—half lard, half tallow at 110°, with lye solution 85°

—all tallow at 130°, with lye solution 95°
Pour lye solution into melted fat in a thin stream with slow, even stirring. Too rapid pouring or stirring causes separation.

Stir slowly 10-20 minutes until mixture is thick as honey. Pour into wood or cardboard box lined with damp cotton cloth. Cover with old blanket or rug to retain heat. Let stand 24 hours. Remove soap, cut into bars, and store where air can reach it. Dry in even temperature 2 weeks to age.

To use in automatic washer, you must have soft water. Shred soap finely on a grater, or cut in pieces, and melt in small amount of hot water before adding to washer.

*Ada Beachy, Goshen, Ind.
Gladys Stoesz, Akron, Pa.*

.....

Granulated Soap

Makes 13 lbs.

Preparing grease:

Heat together accumulated fat and drippings. Strain. If fat contains meat juices or lots of dark particles, allow to cool and then use fat which rises to the top. Discard dark particles which settle to the bottom.

In a large iron or stainless steel kettle (do not use glass, or aluminum), mix together:

1 can lye

1 c. pure borax

3 qts. cold water

Slowly add:

4½ lbs. warm melted grease.

Stir, stir, stir, frequently throughout the day with a wooden spoon. When the mix becomes firm and can no longer be stirred easily, wear gloves and crumble the soap. A pastry blender can also be used to break up particles.

Do not double recipe. Use about ½ c. to a washer load of clothes.

Mary E. Groh, Albany, Ore.

.....

Paste for Children's Play

Makes 5 cups

Combine in top of double boiler:

1 c. sugar

1 c. flour

1 qt. cold water

Cook until thickened, stirring often.

Add to preserve:

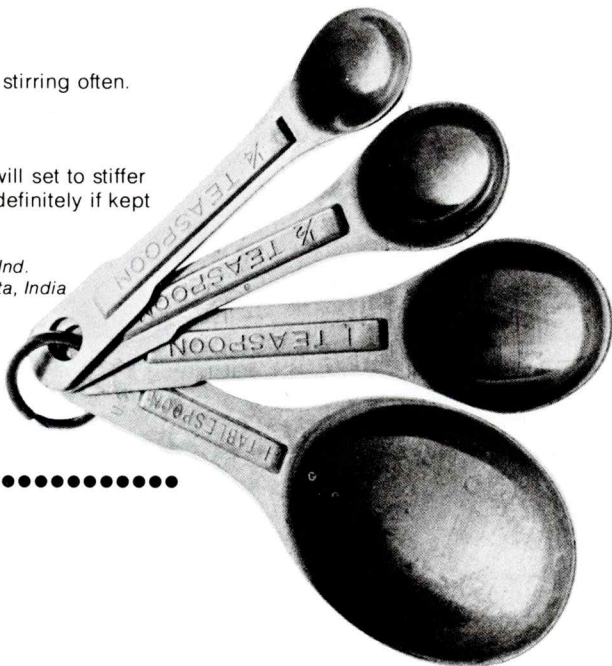
1 T. alum

½ t. oil of cloves

Seal into jars. Paste will set to stiffer consistency. Lasts indefinitely if kept sealed.

Nora Bohn, Goshen, Ind.

Herta Janzen, Calcutta, India



.....

Play-Dough

Mix together in bowl:

2 c. flour

2 T. alum

Heat to boiling:

1½ c. water

½ c. salt

1 T. oil

food coloring

Stir liquids into dry ingredients. Knead until smooth. Store in airtight container.

Ada Beachey, Goshen, Ind.



*Don't look to men for help;
Their greatest leaders fail;
For every man must die.*

*His breathing stops, life ends,
And in a moment
all he planned for himself is ended.*

*But happy is the man
Who has the God of Jacob as his helper,
whose hope is in the Lord his God—
the God who made both earth
and heaven, the seas and everything in them.*

*He is the God who keeps every promise,
and gives justice
to the poor and oppressed,
and food to the hungry.*

*—Psalm 146:3-7
Living Bible*

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Design by Ken Hiebert

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Substitutions

For	Use
*1 t. baking powder	1/3 t. baking soda plus 1/2 t. cream of tartar or 1/4 t. baking soda plus 1/3 c. sour milk, buttermilk, or yogurt
1 T. cornstarch	2 T. flour
2 T. tapioca	3 T. flour
2 egg yolks	1 whole egg
1 c. whole fresh milk	1/2 c. evaporated milk plus 1/2 c. water or 1/3 c. dry milk solids plus 1 c. water
1 c. sour milk	1 c. buttermilk or 1 c. yogurt or 1 1/3 T. vinegar or lemon juice plus milk to make 1 c.
*1 c. sour cream (in baking)	7/8 c. buttermilk, sour milk, or yogurt
1 c. sour cream (in casseroles, salad dressings, desserts)	plus 3 T. margarine 1 c. yogurt
*1 c. sugar	3/4 c. honey, molasses, or corn syrup; reduce liquid in recipe by 1/4 c., add 1/4 t. soda, and reduce oven temperature by 25°
1 c. brown sugar	see p. 270
1 c. confectioners sugar	see p. 269
*1 c. margarine, butter or shortening	3/4 c. bacon fat or 3/4 c. chicken fat or 7/8 c. lard or 7/8 c. oil
1 square (1 oz.) unsweetened chocolate	3 T. cocoa

*May not yield perfect results
in products of fine texture
such as light cakes; generally
acceptable in breads, many cookies,
and moist cakes.

Commercial Container Sizes

When recipes in other books call for
commercially canned or frozen foods
and you want to use home-preserved
food, use this chart to determine quantity
needed.

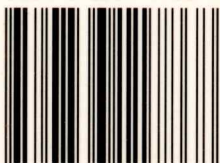
	Weight	Size	Approx. Measure
Can Sizes	6 oz.	frozen juice, tomato paste	3/4 c.
	8 oz.		1 c.
	10 1/2 oz.	No. 1 or picnic	1 1/4 c.
	14 1/2 oz.	evaporated milk	1 3/4 c.
	15 oz.	sweetened condensed milk	1 1/3 c.
	15 1/2 oz.	No. 300	1 3/4 c.
	1 lb.	No. 303	2 c.
	1 lb. 4 oz.	No. 2	2 1/2 c.
	46 oz.	juices and fruit drinks	5 3/4 c.
	6 lb. 9 oz.	No. 10	3 qt.
Frozen Food Containers	6 oz.	frozen juice concentrate	3/4 c.
	10 oz.	box of vegetables	2 c.
	20 oz.	bag of vegetables	4 c.

The text of this unusual
cookbook describes ways
to conserve protein
and improve the nutritional
value of meals at less cost
than you are now spending
for your food.

It can help establish a
climate of concern
and joy in your home.
Your family can feel a
greater sense of purpose
and fulfillment as you
gather each day at mealtime.



ISBN 0-8361-1786-7



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